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NATURAL FOODS

First Published: 1939

NATURAL FOODS

THEIR PREPARATION AND USE

by

DIANA AND PURCELL WEAVER

with

Dietetic Tables

by

EDMOND SZÉKELY

CENTRAL FOOD TECHNOLOGICAL RESEARCH INSTITUTE
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PREFACE BY THE AUTHORS

THIS book has been suggested by the Hippocratic precept: "Let food be your medicine and let medicine be your food." It may also be regarded as a trophological annexe to Dr. Edmond Székely's recent book, *Medicine To-morrow*. This connection is established materially by the reproduction in Part III of this volume of the dietetic table included in that work. We have also been permitted to use certain tables prepared by Dr. Székely which have not hitherto been published. Nor does this exhaust our debt to him; we have to thank him for much material used in the compilation of Part I.

Our thanks are also due to Mrs. Florence Mahon for assistance with the recipes, and to Miss Nora Warren and Mr. Philip Kilsby who have helped us to compile the index.

DIANA and PURCELL WEAVER.

Leatherhead, England. July 1939.

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INTRODUCTION: PURPOSE AND PLAN OF THE BOOK

THIS book is intended as a vindication of natural unspoilt foods (within the range adapted to human consumption) against the foods biologically unsuited to man and the food sophistications which are the preferred diet of contemporary *Homo Insipiens Ventriculosus*. Meats, game, fish and crustacea are excluded as being the foods of carnivores and piscivores, but not of man who is biologically and structurally a fruitarian, with a limited place for vegetables and certain animal products, due to ancestral practices before he achieved the stature of manhood. Among food sophistications we class all refined foods deprived of their vitality (vitamins), canned and potted foods which lack freshness, foods consisting of inorganic chemical substances (such as table salt, chemical colouring matter, preservatives, etc.), and harmful drugs (alcohol, tea, coffee). The most deleterious and wicked, because the most widespread, of refined foods are white flour and its derivatives, white rice, degerminated maize and white sugar. Our graves are certainly dug with our teeth, but they are filled up with the aid of the chemist, baker, grocer and candlestick-maker. We function ill on a mixture of stickphast, drugs and tallow.

The evil consequences to ourselves and, ultimately, to human society, of our present dietetic behaviour, have been vividly stated by Alfred McCann in his classic volume, *The Science of Eating*. The observations of this intelligent and honest layman are confirmed by the findings of Sir Robert McHarrison, perhaps the most distinguished worker in the field of nutritional dietetics. And the medical profession as a whole is slowly being forced to the conclusion that wrong feeding is the major cause of our patent lack of health. In *Medical Testament*, a manifesto recently issued by the local Medical and Panel Committees of the County Palatine of Chester, the Committees declare that: "Our daily work

brings us repeatedly to the same point: 'this illness results from a life-time of wrong nutrition!' " And again: "the cause in every case [of bad teeth, rickets, anæmia and constipation]—apart from rare abnormalities—is the ill choice or ill preparation of food."

Indissolubly linked with the problem of diet is that of a healthy agriculture capable of producing healthy plants and animals. If foods are grown in poor soil, the foods will lack nutritive qualities and will be diseased.

The rehabilitation of wholesome natural foods, then, has begun. In time it will be complete. We hope that this book may in some measure further it.

The work is divided into three parts. Part I is a dictionary of foods, written not academically but nutritionally, and is also a collection of recipes. Since our insistence is on the need for eating foods as they are in nature, or as close thereto as possible, the recipes are grouped under the more common of the foods enumerated, rather than under the conventional headings of salads, soups, sweets, or what not. The reader, whose interest is mainly gastronomic, will find these headings in the index. We may well live a hundred years without having occasion to eat some of the tropical fruits or even some of the vegetables mentioned. But we think that there is a certain value in attempting a completeness, though we have deserted this principle in the omission of tropical vegetables. The *chayote*, in particular, deserves a mention, and it is widely used in Mexico, the central American republics and certain of the West Indian islands.

Those who like figures and to see things at a glance will find much of the descriptive material of Part I compressed in the *Table of Natural Foods* of Part III, which classifies two hundred temperate and tropical fruits, vegetables, cereals, dried fruits, nuts, milk products and legumes, giving their physico-chemical constitution.

The order of the chapters in Part I follows as far as possible the order of the food categories given in the *Table of Foods*. Thus, Category I—Raw Juicy Fruits—in the table is represented by chapters in Part I on Hardy and Mediterranean Fruits and on Sub-Tropical and Tropical Fruits. Category II—Raw Vegetables—has its counterpart in the

chapter on Vegetables, Herbs and Spices. However, liquid milk, which is grouped with Category II in the table, is treated with the other products of the dairy—butter, cheese, eggs, etc., in Part I. Category III—Cereals and Starches—has a chapter devoted to it exclusively. The various foods included in Category IV—Dried Fruit, Sweet and Oily Fruits, and Animal Products—are covered by chapters on Dried and Oily Fruits, on Sugars and Honey, on Nuts, on Vegetable Oils and Fats, and on Milk and Dairy Produce. Finally, the fifth Category—Cooked Vegetables—is represented by a chapter devoted to Legumes and Edible Fungi, since these mostly require cooking. Certain of the vegetables grouped under Category V in the table will be found in the earlier chapter on Vegetables.

The chapters deal with a larger number of foods than does the table, though all the more important foods are listed in the latter.

Recipes are attached to the commoner foods. In general, a few recipes using the food in its uncooked state are given first, followed by some cooked dishes. In the case of vegetables, recipes for soups are sometimes given, while suggestions are made for preserving certain fruits in a natural manner. There are also a number of recipes for beverages—both hot and cold.

Before they can profitably be used, foods and recipes have to be built into the architectural structure of a meal or menu. This operation is carried out in Part II, where a variety of types of menu will be found, proceeding from the complex and cooked to the raw and more simple.

Part III, besides containing the *Table of Foods* already referred to, has a series of tables giving exclusively vegetable and uncooked diets for men, women and children according to sex, age and occupation. Suggestions are also made for modifying these diets in various directions.

Not the least important part of the book is the index, which enables the reader to use the work not only as a dictionary and book of reference, but also as a practical recipe and menu book.

The dietetic principles on which this book is based are lightly touched on in Part II, but those who are particularly

interested in nutrition or desire further persuasion before they alter their present feeding habits should read Dr. Székely's *Medicine To-morrow*, which relates the problem of human diet to medicine and life.

Malnutrition is a burning question of the day. There is much dispute whether it is due to poverty or ignorance. It is clearly due in large measure to lack of means, but the existence of ill-health among the well-to-do shows that much is the result of wrong choice of foods or of simple indifference. Under-nourishment, "caused by insufficiency of the means for acquiring the necessary foodstuffs" (International Labour Office: *Workers' Nutrition and Social Policy*), can only be eliminated by drastic alterations to our economic and social system. Malnourishment, on the other hand, is due to "the fact that the foods consumed, while adequate in quantity, are inadequate in quality or in vitamin and mineral content." The pages which follow are offered as a contribution to the solution of the latter problem. The way is clear; we must return to a more simple and a more natural mode of life.

PART I

FOODS AND RECIPES

NOTE

The numerals in square brackets placed after certain of the foods mentioned in Part I refer to the number of that food in the *Table of Foods* given in Part III.

Chapter 1

FRUITS: HARDY AND MEDITERRANEAN

APPLE [1]

THE apple is the fruit of the apple-tree, *Pyrus Malus*, of the *Pomoideæ* division of the family Rosaceæ. It is cultivated over a very wide area in temperate climates. Dessert apples have a juicy, sweet pulp with a rich aroma, while cooking apples are usually (though not always) too tart to be eaten raw, but become pulpy and sweeter when baked or stewed. Beauty of Bath, Worcester Pearmain, Irish Peach, Allington Pippin, Cox's Orange Pippin, Blenheim Orange, Ribston Pippin, and Golden Russet are all good eating varieties of English apples. Popular American varieties are York Imperial, Winesap, Yellow Newtown, Rome Beauty, Gravenstein, Delicious, McIntosh, Jonathan, Spitzenburg, Winter Banana, Northern Spy, Wagener, Wealthy and Red Canada.

If the grape is the king, then the apple is the queen of temperate fruits. It is a true friend of health: its aroma is stimulating to the nerves, while the phosphorus it contains nourishes the cells of the brain. It is rich in other organic minerals—potassium, sodium, magnesium, sulphur, silicon and calcium. The more modest, homegrown apple is generally richer in these health-giving salts than its more flamboyant cousin brought from overseas. It possesses vitamins B and C (and traces of others); it is an aid to digestion and helps to abolish constipation. The tart apple (cooking apple and wild crab-apple) is rich in malic acid and is valuable in fevers and in cases of rheumatism and arthritis. As a rule the skin should be eaten, but it should first be carefully scrubbed and washed. If there is reason to suspect that the apple has been sprayed with arsenic or other chemicals, then it is better to peel the skin, though it and the flesh beneath it contain nourishing ingredients.

Needless to say, the apple should be eaten raw, unless digestion is very weak, as cooking destroys its vitality (vitamins).

Raw Apple and Orange Rings

Peel and core some sweet apples and brush with lemon juice to prevent discoloration. Cut into thin rings. Peel (pith and skin) some sweet oranges and cut into rings of the same thickness, removing the pips. Arrange in alternate piles in a bowl and serve with or without fresh cream. Garnish with a sprinkling of ground nuts.

Raw Apple Purée

Peel and finely grate some sweet apples. Add a little fresh lemon or pineapple juice and a little fresh or sour cream. Beat all well together and serve in individual glass dishes, garnished with a sprinkling of pine-kernels.

Raw Apple and Blackberry Cup

Dice some peeled apples and arrange in the centre of a bowl. Extract the juice from some ripe blackberries and mix with a little cream and honey. Pour this mixture over the apple and garnish with a sprinkling of dessicated coconut.

Baked Apple

Select large cooking apples and remove the cores without peeling. Arrange on a greased baking tin, filling the apple centres with honey. Bake in a moderate oven till tender.

Baked Stewed Apple with Honey

Peel and quarter a few cooking apples. Stew with honey and put a ayer of apple in a fireproof dish. Cover with a layer of honey, cream and brown breadcrumbs and cover again with apples. Pour cream over and sprinkle breadcrumbs on top and bake in a moderate oven till nicely browned.

Fresh Apple Drink

Extract the juice from some ripe sweet apples and add a little lemon juice and sufficient honey to sweeten. Mix well together and leave in a cold place till required.

Apple Soup

Peel and cut in slices 2 lbs. of cooking apples. Place in a saucepan and cover with 1 qt. water. Season to taste with honey, lemon juice and grated nutmeg and simmer gently for 1 hour. Drain off the liquid and put in a separate saucepan. Press the apples through a sieve and add the purée to the liquid. Bring to the boil, stirring well. Allow to become cold, then mix in 1 cup of rich sweet cream. (This may be omitted if desired.)

Vegetable and Apple Soup

Take 10-12 apples, 2 qts. vegetable stock, the juice and rind of 1 lemon, 2 dessertspoons honey, 2 tablespoons cream, some wholemeal flour. Peel and quarter the apples, and cook in the stock with the lemon rind and juice, adding the honey at the same time. Stir in gradually a mixture of 2 tablespoons cream and 1 of flour. Simmer for 30 minutes and then stir in an egg if required.

Apple Sandwich Fillings

i. Mince some dried figs and mix with finely chopped apple. Spread on wholemeal bread and butter.

ii. Cut up small some apple and a few nuts, mix well with thick cream and spread on wholemeal bread.

APRICOT [4]

The apricot is the fruit of *Prunus armeniaca*, and resembles the peach and plum in general appearance and construction. There are numerous varieties.

The apricot is a very valuable fruit and full advantage should be taken of it when it comes in season. It is highly laxative when taken in fair quantities alone or with wholemeal bread, forming a most efficient cleanser of the whole digestive tract. The apricot is highly alkaline, rich in vitamins and in its content of the various mineral salts. It is unnecessary to enumerate these in detail. It is an excellent builder of the blood, as it is rich in the elements which produce the hæmoglobin. The kernel is good to eat and with the flesh of the fruit constitutes a well-balanced and complete meal. Excellent apricots are now imported from South Africa as well as from the Continent, so that this fruit is rapidly becoming more accessible.

Fresh Apricots with Raspberries

Make a salad of peeled and chopped raw apricots mixed with fresh raspberries. Serve with a little sweet cream and honey if desired.

Raw Apricot and Nut Purée

Peel, stone and press through a sieve some really ripe apricots. Sweeten the pulp with a little honey. Mix in some ground nuts and beat together very well, moistening with a little milk. Serve in individual dishes and garnish with whole nuts.

Raw Apricots with Apple

Peel, core and slice in thick rings some large sweet apples. Peel, stone and chop up small some fresh apricots. Arrange the rings of apple on a flat plate. Place a pyramid of apricot on each and pour some sweet cream over the whole. Garnish with a split Brazil nut on the top of each pyramid.

Fresh Apricot Soufflé

Take 2 lbs. fresh apricots, remove the stones and skins, and press the fruit through a sieve. Brown 3 oz. of wholemeal breadcrumbs in 2 tablespoonsfuls of butter. Add the apricot purée, the beaten yolks of 4 eggs, 3 oz. of honey, a little grated orange peel and cinnamon to taste. Beat the ingredients well together and then fold in the stiffly beaten whites of 4 eggs. Butter a soufflé dish, pour in the mixture and bake in a moderate oven for 40 minutes. Serve at once.

Fresh Apricot Jelly

Peel and stone the required amount of fruit. Use 2 lbs. of fruit to 2 lbs. of raw sugar. Put a layer of fruit in a basin and cover well with sugar. Repeat this till all the ingredients are used. Cover the basin and allow it to stand overnight. Pass the fruit through a sieve and boil till set. Pour into bottles and cover when cool.

Apricot Tea

Crack a dozen apricot stones. Put in a saucepan and cover with boiling water (about a pint). Allow to stew for 30 minutes. Strain off the liquid and serve with a little honey and a slice of lemon.

BARBERRY

The barberry is the fruit of the common barberry (*Berberis vulgaris*), a deciduous shrub which grows in parts of Europe (including the British Isles) and North America. The berries are too acid to eat raw, but make a delicious preserve in the form of a jelly.

BILBERRY

The bilberry, blaeberry or whortleberry is the fruit of the shrub *Vaccinium Myrtillus*, of the family Ericaceæ. Allied to the bilberry is the cowberry or whimberry, *V. Vitis-Idæa*. The berries of the bilberry are dark blue with a waxy bloom on them; those of the whimberry are red. In parts of America the bilberry is known as the mountain cranberry.

It is a very wholesome fruit, rich in organic mineral salts. Its properties are similar to those of the other berries.

Raw Bilberries with Shredded Apple

Finely shred some sweet apple and mix with a little lemon juice. Place in a bowl with an equal quantity of bilberries, arranging the berries in the centre and the apples in a ring surrounding them. Sprinkle thickly with ground nuts and serve with sweet cream.

Raw Bilberries and Sour Milk

Sour some creamy milk and when curdled mix it with some juicy bilberries. Serve in bowls with honey (if desired).

Stewed Bilberries

Take 1 pint bilberries, 2 oz. honey and some wholemeal toast. Clean the fruit, cover with honey and let stand for 1 hour. Stew for 15 minutes and serve garnished with small squares of toast.

BLACKBERRY [15]

The blackberry is the fruit of the shrub *Rubus fruticosus*, of the family Rosaceæ, a well-known hedge-plant of the British Isles. Several forms are widely cultivated in the United States.

Blackberries, huckleberries and whortleberries all have similar qualities and are good purifiers of a poisoned blood-stream. To get the best results they naturally need to be taken alone or in suitable combination with other non-toxic and eliminative foods.

Raw Blackberry Mousse

Extract the juice from some ripe blackberries and mix thoroughly with some honey and a little lemon juice, adding sufficient well-mashed banana to make a really thick cream. Serve in little bowls garnished with whole blackberries.

Raw Blackberries with Oatflakes

Extract the juice from some blackberries. Soak some oatflakes in this for a few hours (enough to use up all the liquid). Pour into individual bowls, garnishing with whole blackberries and walnuts. Serve with sweet or sour cream and honey.

Raw Blackberry and Grapefruit Cup

Cut one or two large sweet grapefruit in half and remove the flesh carefully. Clean out the cases and replace half the amount of flesh taken out. Mix in a little honey and leave to soak for an hour. Make some blackberry mousse and pour this over the grapefruit till the cases are full. Arrange a knob of whipped cream in the centre and a halved walnut on top.

Blackberry Pudding

Take 1½ lbs. of blackberries and ½ lb. of sliced sweet apple. Grease a charlotte mould and line with slices of wholemeal bread and butter. Pour in the fruit, previously sweetened to taste with honey. Cover the top with slices of bread and butter and steam slowly for 1-2 hours. Turn out into a glass bowl, allow to cool, sprinkle with ground nuts and serve with or without cream.

Blackberry Drink

Extract the juice from some sweet ripe blackberries. Dilute with a little cold water. Add sufficient honey to sweeten and a glass of orange juice. Leave in a cold place for a short time, then stir well and, before serving, add a few thin slices of orange.

BLAEBERRY

(See page 18, under *Bilberry*)

BULLACE

The bullace is the fruit of the common bullace (*Prunus insititia*), a member of the plum family. It is a small, roundish, yellow-green or white fruit, too acid for eating raw, but excellent when cooked. There is also an excellent black variety.

CHERRY [23]

The cherry is the fruit of *Prunus cerasus* (sour cherry) or *P. avium* (sweet cherry). A native of Asia, the cherry is now widely cultivated in Europe and the United States. It is similar to the plum, having a stone-fruit or drupe.

Cherries are great blood purifiers. The important thing is to see that they are eaten fresh, as they start fermenting very rapidly after being picked. They then cause trouble. The sour cherry is best for those who wish to lose weight, while the thin who wish to rebuild should give a preference to the sweet. Cherries are a good regulator of the bowels and also stimulate the action of the kidneys. The fruit is rich in potassium, phosphorus, silicon, calcium, magnesium, sulphur, sodium and chlorine; it is rich in vitamin B and contains some vitamin C. It is one of the most delicious as well as one of the most nourishing of the deciduous fruits.

Stoned Cherries

Cut the cherries in half and remove the stones. Place them in a bowl and squeeze a little lemon juice over them (to prevent discoloration). Add half a glass of sweet orange juice and serve with sour cream.

Cherries with Oatflakes

Soak some oatflakes in water for 12 hours. Stone and cut up small some large black cherries. Add to the oatflakes. Make a sauce of equal quantities of orange juice and ground coconut, whipped well together. Pour this over the fruit and flakes and garnish with one or two whole cherries.

Cherry Cup

Cut in half and stone a few really juicy black cherries. Finely slice a little sweet melon, quarter an orange, slice a small banana and chop up a few walnuts. Mix all the ingredients together in a bowl, pour half a cup of orange juice over the whole, together with a quarter cup of any other fruit juice available.

Cherry Preserve

Boil the required amount of cherries in a very little water till tender. Make a syrup of 1 lb. of honey to every 2 lbs. of fruit and boil the mixture till it thickens. Pour into bottles and cover when cold and set.

Cherry Stalk Tea

Take 1 large spoon of cherry stalks to half a pint of water. Infuse for 20 minutes and then serve with a little lemon juice to flavour. Add honey if desired.

CITRON

(See page 29, under *Lemon*)

COWBERRY

(See page 18, under *Bilberry*)

CRABAPPLE

The crabapple is the fruit of the wild apple-tree, *Pyrus Malus*, distributed throughout Europe and western Asia. The fruit is much smaller than that of the cultivated apple-tree and has an acid flavour. The best-known American crabapple is *P. coronaria*, growing in the northern states, while towards the south flourishes *P. angustifolia*, the southern crab. The fruit of the crabapple is chiefly used for making jellies, and is occasionally baked. It has no great importance economically.

CRANBERRY [17]

The cranberry is the fruit of various plants of the genus *Vaccinium*, of the family Vacciniaceæ. The common cranberry is found in Europe and North America (towards the north). The berries are crimson in colour and have an acid taste. The American and southern cranberries bear larger and more palatable fruits. The cranberry is cultivated in Canada and certain states of the United States.

Cranberries, which are not much seen in England, are very good in cases of anæmia. The juice should be extracted by crushing the fruit in a squeezer or by pressing it through a cloth. Cranberries keep very well, being equal to the apple in this respect.

Cranberry and Apple Relish

Take 2 ripe eating apples, 1 cup cranberries, 1 orange, honey. Cut the peeled and cored apples in small dice. Put the cranberries through a food chopper. Mix the ingredients. Add the juice and grated rind of an orange and stir in honey to taste. Allow to stand in a cool place for 4 hours before serving.

Cranberry Jelly

Take ½ pint cranberries, 1½ pints water, honey to sweeten, ½ oz. agar-agar. Simmer the fruit in 1¼ pints water for a while. Soak the agar-agar in ¼ pint water and add with the honey to the stewed cranberries. When the agar-agar and honey have dissolved, strain the whole through muslin. When almost cold pour into a damp mould. Serve with cream.

CUCUMBER

(See page 78, under *Vegetables*)

CUMQUAT

(See page 33, under *Orange*)

CURRANT [12, 13, 14]

Red, white and black currants are the fruit of several species of *Ribes*, of the family Saxifragaceæ. Black currants are the fruit of *R. nigrum*, while white and red currants are the fruit of *R. sativum*, *R. rubrum* and *R. petræm*.

All these berries are very valuable summer fruits, rich in minerals, and every advantage should be taken of them when they are in season.

Raw Red Currant and Mixed Berry Cup

Mix together some red currants, raspberries, early blackberries and some little yellow gooseberries. Serve in small glass compote dishes with a sauce of cream, orange juice and a little honey.

Raw Red Currants with Banana Sauce

Place some stalked and headed red currants in a glass bowl. Make a sauce of mashed banana, ground nuts and pineapple juice, beaten together to the consistency of a thick cream. Pour this over the berries and garnish with split almonds.

Raw White Currants and Raspberries

Clean the halved cases of some oranges and fill with a mixture of stalked raspberries and stalked and headed white currants. Make a sauce of equal amounts of orange juice and ground nuts thoroughly beaten together, and pour this over the fruit in the cases. Garnish with a raspberry in the centre of each case.

Raw Black Currants with Apple and Banana

Grate finely some sweet apple and mix in a little lemon juice and half as much mashed banana. Add to this mixture a handful of prepared black currants. Place the whole in a bowl and serve with fresh cream and honey (if desired).

Uncooked Red Currant and Milk Soup

Press out the juice from 1½ lbs. red currants. Season the liquid with honey to taste and a little cinnamon. Add one third the amount of fresh creamy milk and serve cold with wholemeal bread croutons.

Uncooked Black Currant Soup

Press through a sieve 2 lbs. of really ripe black currants. Sweeten the liquid with honey and add ½ cup of orange juice. Mix in sufficient oatflakes to thicken the soup slightly and serve cold with a spoonful of whipped cream in the middle of each helping.

DAMSON

The damson is a small, acid plum, chiefly used for making cheese, wine and jellies. It derives its name from Damascus, where the fruit was grown in pagan times under the name of "Damascenes."

DEWBERRY

The dewberry is the fruit of *Rubus cæsius*, of the family Rosaceæ. The plant is akin to the bramble, and the fruit

resembles the blackberry, except that it consists of fewer, but larger, black drupules. The taste is acid, but agreeable. In the United States the fruits of a number of species of *Rubus* are known as dewberries. Some varieties are quite widely cultivated in different parts of the North American continent.

ELDERBERRY

The elderberry is the fruit of *Sambucus nigra*, of the family Caprifoliaceæ. The tree grows in England, elsewhere in Europe, North Africa, western Asia and the Caucasus. Other species of the genus are natives of North America.

The berries of the elder are rich in many nutritive salts, and are a remedy for anæmia and acidity. They and the elderberry flowers are also good against colds, when taken in the form of a tea. Like other berry fruits, elderberries should only be eaten when they are properly ripe.

Elderberry Tea

Take 1 oz. elder flowers to a pint of water. Infuse and serve with lemon and honey to taste.

Elderberries with Puffed Cereal

Extract the juice from the berries and mix with cream and honey. Make crisp in the oven a packet of puffed wheat or rice. Place in a bowl, pour the elderberry sauce on top and garnish with rings of orange.

FIG [25]

The fig is the fruit of *Ficus Carica*, a native of western Asia, southern Europe and North Africa. It is also cultivated in California and parts of South Africa. The fruit is generally pyriform, with a soft, yellowish, green or purple skin. It consists of a hollow, fleshy receptacle, with an orifice in the top, which is surrounded by a number of scales.

Fresh figs are an energy-giving food and also provide an excellent natural laxative. They are rich in fruit sugar, and at the same time have a fair mineral content. There are black figs and green or white figs. The former are richer in minerals, while the latter have more fruit sugar and are therefore better for those who wish to put on weight. The black variety is more laxative. Figs are excellent for children who require sweet things. In addition to being purgative,

figs are diuretic and are valuable in cases of kidney trouble, gout and hæmorrhage. They are rich in vitamin B and highly alkaline.

Figs grow in England under favourable conditions, but the best fruits come from France and Spain. California also grows good figs, but they are inferior in flavour to the best European varieties.

Raw Fresh Figs and Apple

Cut in half a number of ripe juicy figs and arrange them in the bottom of a bowl. Shred very fine some sweet apple and add to it sufficient sweet milk to form a thick cream when mixed with the apple. Pour this over the figs. Garnish with a sprinkling of split almonds.

Raw Fresh Fig Slices

Cut some slices of wholemeal bread of medium thickness and spread generously with sour cream. Chop up very small a few ripe figs and spread thickly on the bread. Sprinkle each slice with ground nuts and serve on a flat dish.

GOOSEBERRY [16]

The gooseberry is the fruit of *Ribes Grossularia*, of the family Saxifragaceæ. It is closely allied to the currant. The small, green or yellow fruit is round, spiny and generally hairy. Occasionally the fruit is a deep purple.

Gooseberries are rich in potassium, phosphorus, calcium and sodium. They are excellent for acidity and indigestion, provided they are ripe. They are excellent summer fruits.

Raw Gooseberry Fool

Pulp some gooseberries and mix with them some cream and honey. Add a very little powdered ginger and beat the ingredients well together. Serve with thin fingers of wholemeal bread and garnish with split almonds.

Raw Gooseberries with Oatflakes

Soak some oatflakes in orange juice for 2-3 hours. Pulp some sweet gooseberries and mix with the flakes. Serve in little glass compote dishes, garnished with ground nuts and a few raisins.

Gooseberry Compote

Slice some ripe banana into a bowl, add a little quartered orange, a few really ripe red gooseberries, a few chopped dates and pinekernels. Mix together and pour over the whole a cup of orange juice with a little lemon juice added.

Gooseberries in Batter

Prepare the required amount of small ripe gooseberries. Make a batter with 3 oz. wholemeal flour, ¼ cup warm water and 2 eggs. Beat the yolks and whites separately and add the latter to the mixture last. Cut the gooseberries in half and soak in the batter mixture. Take a large spoonful of the mixture and fry in oil. Drain each on a piece of paper and serve immediately with a sauce of honey and cream.

Gooseberry Preserve

Boil 2 qts. gooseberries in ½ pint water till tender. Pass through a sieve and boil the pulp with 2 lbs. honey to every 1 lb. of the pulp for 5-10 minutes. Pour into bottles and cover when cold and set.

Gooseberry Soup

Choose 1½ lbs. of sweet gooseberries and simmer for 1 hour in 1 qt. of water. Strain the liquid and fruit through a fine hair sieve and return to the saucepan. Season to taste with honey and a little powdered ginger and bring to the boil. Make a thickening paste of wholemeal flour and water, and add very slowly to the mixture, stirring well to avoid lumps. Serve hot or cold.

GRAPE [22]

The grape is the fruit of the vine, *Vitis vinifera*, of the family Vitaceæ. A native of Asia, it is now cultivated in many parts of Europe and the United States. In England it is difficult to grow good grapes except under glass.

The grape is, perhaps, the noblest of all the fruits. It is excellent for sick and well alike, being a great purifier of the blood and at the same time extremely nutritive. The more acid grapes are preferable where elimination is desired or in case of fever, while the sweet grape is a valuable constructive food. Grapes are laxative, act as an intestinal antiseptic and stimulate liver and kidney action. The fruit—and particularly the juice—is very easily assimilated, even by those with weak digestions. The sweeter varieties are rich in sugar, while their organic minerals and acids make them an excellent remedy for gout, rheumatism, arthritis and other disorders of the blood. They are a splendid food for intellectual workers and act as a tonic to the whole nervous system. The grape is one of the oldest and most famous of fruits. Its sugar is very easily digestible, and even diabetics can take all but the very sweet varieties.

It is rich in phosphorus, potassium, calcium, sulphur and

magnesium, and also has fair amounts of silicon, iron, sodium and chlorine. The best grapes are those grown out-of-doors; hot-house grapes should be avoided. Grapes should not be refrigerated or kept in cold storage, but should be eaten fresh. Also avoid those which have been sprayed or sulphured. When grapes are in season it is nearly always beneficial to pass a few days with a diet of grapes alone. They cleanse the whole system and act as a general tonic. Full advantage should be taken of them when they are available.

Grapes with Tangerines

Cut one or two tangerines in half and remove the flesh. Peel, stone and cut in half, an equal quantity of sweet grapes. Mix the two together and put in individual dishes. Pour over the top some extra tangerine juice with a squeeze of lemon in it and serve with sweet or sour cream.

Grape Rolls

Peel, cut in half and stone some grapes. Cut some very thin slices of wholemeal bread and butter. Roll some grapes tightly up in each slice. Place a pyramid of grapes in the centre of a large plate and arrange the rolls around it, with one end of the roll touching the pyramid (like the spokes of a wheel). Pour over the whole some sweet cream and sprinkle with ground nuts.

Whole Grapes

Remove the fruit from the stem and serve in a bowl or on a plate.

Grape Juice

Press out the juice of 1 lb. of rather acid grapes. Serve in small glasses.

GRAPEFRUIT [31]

The grapefruit is the name given to the fruit of *Citrus decumana*, a tree related to the orange. The shaddock is a coarser, pear-shaped variety of the grapefruit.

The grapefruit is an excellent alkaline-yielding food. Like the orange it is rich in potassium, phosphorus, calcium, magnesium and sulphur. It also contains some iron and chlorine. It is very low in its content of protein and carbohydrates. It is consequently useful as a purifier of the blood, as a thirst-quencher, and as a febrifuge and diuretic. It is a digestive tonic, hardly inferior to the lemon and lime in this respect. Taken at the beginning of a meal the grapefruit whets the appetite and helps to digest other foods. Many

grapefruit are ripened by gas. As far as possible, naturally-ripened fruit should be consumed. Unfortunately, it is not easy to control the processes applied to the fruit bought in the shop or market.

Grapefruit and Date Compote

Cut a large grapefruit in half and remove the flesh and juice. Mix the flesh with a small amount of chopped dates and fresh hazelnuts. Serve in the empty grapefruit cases.

Grapefruit Baskets

Clean out the cases of the required amount of grapefruit. Make a salad of quartered tangerine, sliced apple, purple grapes, and one or two litchis. Fill the cases, adding a little grapefruit juice. Cut thin strips of grapefruit peel and form into handles, placing opposite ends on each side of the cases. Garnish the fruit in the baskets with a large pecan nut.

Grapefruit Drink

Mix equal parts of orange and grapefruit juice, and dilute with a little water. Add honey, if required, and, before serving, put in a few thin slices of peeled cucumber.

GREENGAGE

(See page 37, under *Plum*)

HUCKLEBERRY [11]

Huckleberry is the name given in the United States to the fruit of the shrubs *Gaylussacia*, of the family Ericaceæ. It is similar to the bilberry.

KAKI or JAPANESE PERSIMMON [34]

The Japanese persimmon or kaki is the fruit of *Diospyros Kaki*, a deciduous tree much cultivated in Japan and China. It has also been cultivated in Southern France, and, more recently, in California and Florida. The fruit is usually oblate in form, with a vermilion skin enclosing a pulpy, orange-coloured flesh which is sweet in taste. It contains from four to eight brown seeds.

This semi-tropical fruit is very rich in protein and also in sugar. It contains appreciable amounts of potassium, magnesium and phosphorus. The kaki is an alkaline-yielding food. The skin should not be eaten, as it contains tannic acid

which burns the mouth. This is particularly the case before the fruit is fully ripe.

The persimmon is in season from October to December, when it is sometimes to be seen in better-class London fruiterers. It is a most delicious fruit.

Persimmon with Banana

Peel and cut into small pieces the flesh of 1 or 2 ripe persimmons. Slice a little banana and mingle with a little lemon juice. Chop up small a few dates. Mix all the ingredients together and serve in individual glass cups.

Persimmon with Apple

Peel, core and cut into rings, 1 or 2 sweet apples. Brush them over with lemon juice. Peel and chop up the flesh of an equal quantity of persimmons. Mix the two together in a bowl, adding a few raisins. Sprinkle with dessicated coconut and serve with sour cream.

LEMON [28, 29]

The lemon is the fruit of *Citrus Limonia*, and is generally regarded as a variety of the citron, *Citrus medica*. It grows in Mediterranean countries, in California and in the tropics.

Lemons and limes (*C. aurantifolia*) may be regarded as natural medicaments, which will prove serviceable in cases of fever, diabetes, stomach troubles of various kinds, asthma, bronchitis, dropsy and rheumatism.

Apart from their therapeutic properties they provide an excellent appetiser and stimulant of the digestion. They are an excellent condiment for use in salads and for bringing out the flavour of fruits like the papaya and custard-apple. They are useful in the preparation of foods, as they prevent the discoloration of apples and bananas which have been sliced. Lemons and limes are very similar, but have certain differences in composition. The lime is richer in potassium, phosphorus and sulphur and also in chlorine. On the other hand, the lemon contains twice as much calcium and has more magnesium. Both are rich in vitamins A and C, and also contain some of B. They are well-known as anti-scorbutics. The skin contains volatile oils and should not be eaten, though shredded peel can be used in the preparation of cakes and sweetmeats.

Lemons are used in reducing diets, and taken with hot

water at night are a remedy for colds. They may be taken with good results where high blood pressure exists, in cases of inflammation of the lymphatic glands, of varicose and ulcerated veins. They are laxative and purifiers of the blood.

It may also be mentioned that, used externally, they are refreshing to the skin, help to cure sores and inflammation, swollen gums, sore throats and tonsillitis. Where the skin is dry the juice should be mixed with a little olive oil.

Lemon and Oil Dressing

Make a salad dressing of three parts olive or peanut oil to one part of lemon or lime juice. Add a little chopped onion or other herb if desired.

LIME

(See above, under *Lemon*)

LOGANBERRY

The loganberry is supposed to be a hybrid between the wild blackberry and the red raspberry. It is named after Judge Logan of California, in whose property the plant first appeared. The fruit is similar to the raspberry in colour and shape. It is grown commercially in Oregon, Washington and British Columbia.

Loganberries with Banana

Stalk some ripe loganberries and press them through a sieve. Mix with an equal quantity of ringed banana. Add a very little lemon juice and serve with a sauce of honey and orange juice.

Loganberries with Puffed Wheat

Press stalked loganberries through a sieve and mix with a little rich milk and some honey. Serve with puffed wheat, made crisp in the oven, but not browned.

Loganberry Preserve

Allow 2 lbs. of raw sugar to 2 lbs. of fruit. Stir together with a wooden spoon, then boil in a basin. When thoroughly done, pass through a fine sieve, pour the jelly into wide-necked jars, cover with muslin and expose to the sun for 8 days. Stir each day with a silver spoon to prevent a hard crust forming.

MANDARIN

(See page 33, under *Orange*)

MEDLAR [19]

The medlar is the fruit of *Pyrus germanica*, a member of the family Rosaceæ. The fruit is generally almost round, and is crowned by a hairy disc, fringed with a green, leafy calyx. When unripe the fruit is hard and brown in colour. It is not edible till partially decayed, when it becomes soft enough for eating. Almost ripe fruits make a good jelly. The over-ripe medlar cannot be said to be a very wholesome fruit. No harm will come from a few, but medlars should not be eaten in any quantity. The fruit is gathered towards the end of November.

MELON [27]

The melon or musk-melon is the fruit of *Cucumis melo*, of the family Cucurbitaceæ. There are numerous varieties cultivated. The fruit is generally globular and ribbed. The flesh is yellow, green or orange in colour. The melon was originally a native of Asia, where the best specimens are still found. Well-known varieties are the Cassaba and the Persian melon, the Cantaloup and the Honeydew. They are all rich in sugar, minerals and vitamins. They should be eaten when really ripe, as in their green state they are somewhat hard to digest. Nor should they be eaten at the end of a heavy meal as a dessert, but should be regarded as a meal in themselves. Melons are very refreshing, as they contain a great deal of water, while the sugar provides energy. They have a diuretic action and serve to purify the blood. Do not put melons on ice or keep them in a refrigerator. Good melons can be grown in England in a sheltered spot.

Melon with Ground Ginger

Remove the flesh of a sweet melon from the skin and cut up into small pieces. Place in a bowl and serve with powdered ginger and slices of thin wholemeal bread spread with sour cream.

Filled Melon

Choose a small melon with as flat a bottom as possible. Cut off the top end and lay aside. Remove the flesh from the centre of the remainder. Prepare a fruit salad of fruit in season, adding a little of the melon flesh removed and some fruit juice. Pour this into the melon case, filling it nearly to the top. Cover with the top (previously set aside), removing it just before serving.

Melon and Strawberry Cup

Dice some melon and add to an equal quantity of halved strawberries. Place the fruit in individual glass cups and pour over it a sauce of sweet cream and honey.

MIRABELLE [20]

The mirabelle is a small, sweet yellow plum, cultivated in Southern France, and, more recently, in California.

Mirabelles with Banana

Peel and stone some mirabelles, slice some banana and mix the two together, adding a little lemon or lime juice. Serve in a bowl with a little sweet cream.

MULBERRY [18]

The mulberry—black, red, or white—is the fruit of trees of the *Morus*, of the family Moraceæ, which grow chiefly in the northern hemisphere. The fruit is often deep purple in colour and oblong.

The mulberry is not much used to-day in England. It used to be a household remedy for many complaints. Mulberries are thirst-quenching and also a good cure for chronic constipation. They are rich in vitamin B, contain some of C, and are rich in potassium. They also contain a fair amount of sugar and some protein.

Mulberries with Apple

Dice some sweet apple and mix with an equal quantity of very ripe mulberries. Place in compote glasses, pour some orange juice over them and serve with fresh cream. Honey may be served also.

NECTARINE [7]

The nectarine is a smooth-skinned peach, having no downy hairs on the skin. The fruit is generally smaller, of closer texture and with a stronger flavour and aroma. The trees bearing the nectarine are indistinguishable from those producing the peach.

The nectarine is a most delicious fruit, essentially one to be eaten raw and really ripe. Its properties are similar to those of the peach.

Whole Nectarines

Peel some really ripe nectarines. Arrange in a bowl and serve with a sauce of orange or pineapple juice flavoured with honey.

Nectarines with Oranges

Peel, stone and cut in quarters some ripe nectarines. Peel and quarter some oranges and mix together with the nectarines. Add a few (previously soaked) oatflakes and pour over the whole a glass of orange juice.

Nectarines with Grated Apple

Finely grate some sweet apples and mix in a little lemon juice and honey. Arrange in the bottom of a flat deep dish. Peel, stone and halve some nectarines, brush them with lemon juice and arrange on a bed of apple, cut side up. Fill the centres (where the stones have been removed) with whipped cream and sprinkle the whole with ground nuts.

ORANGE [30]

The orange is the fruit of *Citrus Aurantium* (sour orange) or *C. sinensis* (sweet orange). The sour Seville or Bigarade orange has a rough rind with a bitter aromatic flavour, while the flesh is bitter also. The sweet or China orange has a smoother rind and a pulp with a sweet or acidulated taste. Oranges are now grown in most of the warmer parts of the globe.

Cousins of the sweet and sour orange are the Maltese or blood orange, the cumquat, the king orange (*C. nobilis*), of which the variety *deliciosa* is the mandarin or tangerine (kid-glove orange), with a fine fragrance and loose skin.

The orange is a highly nourishing and delicious citrus fruit. It needs, like all fruit, to be eaten ripe, as in its green state it contains acids which can cause digestive disturbances. When mature, it is full of sugar which is easily assimilated. Like the lemon and lime, the orange is a preventative of scurvy. Oranges are rich in the various organic minerals and also in vitamins A, B and C. Naturally, their value depends in large measure on the species, soil and method of cultivation. It is not always the largest and handsomest fruit which is the best. For eating, the sweet orange and its varieties (blood orange, tangerine, etc.) are best, while the Seville orange is valued for its rind and for preserves. Also its juice is very refreshing.

Children, in particular, benefit by having oranges regularly in their diet as they are truly so much "concentrated sunshine." Needless to say, they are highly beneficial to adults as well.

Orange and Nut Mousse

Grind some nuts and whip to a stiff cream with some orange juice. Pour the mixture into a glass bowl and garnish with rings of orange and whole nuts.

Orange Baskets

Clean out the cases of the required amount of oranges. Make a fruit salad of grapes, sliced banana, diced apple and a few raspberries or other berries. Fill each case nearly full, adding sufficient orange juice to moisten. Cut thin strips of orange peel and form into handles, placing opposite ends in each side of the cases. Garnish the fruit in the baskets with knobs of whipped cream and arrange on a large flat plate.

Orange and Prune Salad

Soak some stoned prunes in orange juice over-night. Cut up (removing the skin if very coarse) into small pieces and add an equal quantity of quartered orange. Serve in individual glasses with a little dessicated coconut.

Orange Drink

Fill a jug half full of fresh orange juice, add the juice of a lemon and a little honey. Fill up the jug with cold water. Slice a few rings of banana and peeled cucumber and add to the liquid. Leave for an hour or two in a cold place, mix up well and serve.

Halved Tangerines

Cut several tangerines in half and loosen the flesh with a sharp fruit knife. Arrange the fruit on a large flat plate and place a knob of whipped cream in the centre of each half before serving.

Tangerines with Dried Figs

Soak some dried figs overnight in lemon juice. Cut them up into small pieces and add to some quartered tangerines. Serve in compote cups, sprinkled with ground coconut.

PEACH [3]

The peach is the fruit of *Prunus persica* and resembles the plum. The fruit is a drupe, with a thin outside skin enclosing the flesh. The woody stone is formed of the inner layers of the carpel, while the ovule becomes the kernel. The skin is covered with a delicate down. A native of Asia, the peach is now widely grown in temperate climates.

The peach is allied to the plum, apricot and almond, and is rich in the various organic minerals which are so necessary to health. It contains fair amounts of vitamins B and C, and is a good source of potassium, phosphorus, calcium, sulphur,

sodium, magnesium and chlorine. It contains a small quantity of incomplete protein and some fruit sugar. Like most fruits, it is alkaline in its final reaction, despite an acid flavour. Ripe peaches taken in moderation are an aid to digestion and encourage secretion of the gastric juices. They are laxative and diuretic in their action and are consequently valuable in affections of the kidney and bladder. The broken stones of the peach may be used to make an agreeable tea. The kernel, though rich in fat, is somewhat bitter and therefore to be avoided. Unless the skin is very tender, it should be removed before the fruit is eaten.

Filled Peaches

Peel some really ripe peaches and brush over with lemon juice. Place one or two (per person) on little glass plates and pour a sauce of sweet cream, with a few drops of honey added, over them.

Peaches with Raspberries

Peel, stone and cut into small pieces some fresh peaches. Choose some ripe raspberries. Arrange alternate little piles of peach and raspberries in a bowl and pour some pineapple juice over them. Serve with honey if required.

Peaches with Nut Sauce

Peel, stone and cut into small pieces some fresh peaches. Place in a bowl and pour over them a sauce made of equal parts of orange juice and ground nuts thoroughly beaten together. Garnish with knobs of whipped cream and whole walnuts.

Peach Jelly

Peel and stone the required amount of fruit. Use 2 lbs. of fruit to 2 lbs. Barbados sugar. Put a layer of fruit in a basin and cover well with sugar. Repeat this till all the ingredients are used. Cover the basin and allow it to stand overnight. Pass the fruit through a sieve and boil till set. Pour into bottles and cover when cool.

PEAR [2]

The pear is the fruit of *Pyrus communis*, of the family Rosaceæ. Among the best varieties for dessert use are Jargonelle, Williams' Bon Chrêtien, Doyenne du Comice, Beurre Superfin and Vicar of Wakefield.

The pear is of the same family as the apple, and possesses very similar therapeutic and nutritive values as that fruit.

It is rich in an easily digested, natural sugar, besides containing phosphorus, sodium, iron and other mineral salts. Pears differ greatly among themselves in value. Avoid those that are gritty and bitter, and likewise those that are over-ripe and mushy. The former contain tannin which irritates the lining of the stomach, while the latter set up alcoholic fermentation. It is a fruit which needs to be properly ripened on the tree. The highly cultivated pear, which owes its beauty to chemical fertilisers and sprays, but is grown in an exhausted soil, is inferior to a smaller and humbler fruit grown under more natural conditions. Pears provide a useful source of fruit sugar for diabetics who are forbidden sugars which need to be converted before assimilation.

Apples and pears are both fruits which harmonise well with other foods. One may say that all but the most acid apples and the coarser varieties of pears are compatible with all other natural foods. In autumn and winter they should fill a large part of the diet. In general, a preference should be given to the home-grown varieties, even though their looks are less attractive.

Whole Raw Pears

Carefully peel some ripe pears. Brush over with lemon juice to prevent discoloration. Arrange four in the middle of a salad bowl. Surround with a border of puffed rice and pour some orange juice over the whole.

Raw Pear Compote

Cut some fresh juicy pears into small pieces. Serve in individual dishes with orange juice and decorate with walnuts.

Pears with Fresh Apricots

Cut in half some ripe pears, core and arrange in the bottom of a dish. Make a sauce by peeling and stoning some ripe apricots, pressing them through a sieve and mixing with milk. Pour the sauce over the pears and sprinkle with finely chopped almonds.

Baked Pears

Peel some pears and cut in half, lengthwise. Remove the cores and arrange the fruit close together in a greased baking dish. Cover with a sauce made of equal parts of sour cream and red currant or raspberry juice. Sprinkle the top with fresh brown breadcrumbs and a little honey. Bake in a moderate oven till the pears are tender.

Pear and Apple Preserve

Take 1 lb. of pears and 2 lbs. of apples. Peel and core the fruit and cut it in pieces. Boil till tender and then pass it through a sieve. Add 1½ lbs. honey and the juice of 1 lemon to every 2 lbs. of apples used, and allow the mixture to simmer till it thickens. Stir all the time. Put into bottles, allow to stand overnight and cover next day.

PERSIMMON

(See page 28, under *Japanese Persimmon*)

PLUM [5]

The plum is the fruit of the tree *Prunus domestica*, of the family Rosaceæ. It is thus allied to the pear and apple, as well as to the apricot and peach. There are numerous cultivated forms, with some of the groups distinct, such as greengages, damsons and egg-plums.

Besides the European and American species, there is an Asiatic plum, *P. salicina*, recently introduced into the United States from Japan.

Plums, of which there are many varieties with distinctive flavours and virtues, are closely related to the prune. With them may be classed the greengage and the smaller fruits like mirabelles, sloes and damsons. They are all excellent fruits which are of great help in all illnesses due to excess acidity in the system. They are particularly valuable in gout, rheumatism, hardening of the arteries and inflammation of the kidneys. They also assist in cases of constipation and hæmorrhoids. Ripe damsons have a strong diuretic action; they should be eaten raw. Plum and prune kernels are the equivalent of nuts and thus constitute a valuable source of vegetable protein. A tea may be made of the stones. The fruit itself contains some incomplete protein, is very rich in fruit sugar and has fair quantities of potassium, phosphorus, calcium, magnesium and other salts.

The fresh prune is a superior plum, very rich in nutritive qualities. It is cultivated largely in France and also in California in the United States. It possesses the virtues of the plum to an even higher degree.

Mashed Plums

Peel and stone some really ripe plums. Mash up well and serve in a bowl with slices of wholemeal bread and butter.

Plum and Melon Salad

Dice some sweet melon and arrange in a pyramid in the centre of a glass bowl. Peel, cut in half, and stone some ripe purple plums. Arrange in a ring round the melon. Pour over the whole a sauce of orange juice, flavoured with a little honey.

Plum and Oatflake Dish

Soak some oatflakes for a few hours in orange juice and pour into a glass bowl to form a bed. Peel, cut in half and remove the stones from some firm yellow plums. Arrange the halves in the bed of oatflakes. Fill the centre of each half with a few chopped nuts and the plum kernels. Garnish the whole with little knobs of whipped cream.

Greengages with Banana

Peel and stone some greengages, slice some banana and mix the two together, adding a little lemon juice. Serve in a bowl with a little sweet cream.

Greengages with Puffed Wheat

Peel and stone the fruit, arrange in a pyramid in the centre of a bowl and surround with a puffed cereal (wheat or oats). Serve with a sauce of orange juice with a squeeze of lemon in it.

Greengage Purée

Stew the required amount of greengages till tender, remove the stones and rub through a fine sieve. Add to the purée a little lemon juice, 2 tablespoons of honey and a very little powdered ginger. Bring to the boil, stirring well. Serve warm, sprinkled with ground or chopped nuts and a few raisins.

Stewed Plums with Breadcrumbs

Stew 1½ lbs. stoned plums in water till soft. Press through a sieve and then add 8 oz. honey and a little grated orange peel. Brown in butter 1 tablespoon of wholemeal flour, add to the plums and bring the mixture to the boil. Fry 3 dessertspoons of fresh brown breadcrumbs in butter and sprinkle over the mixture. Serve with sweet cream.

Plum Tea

Crack a dozen plum stones. Put in a saucepan and cover with boiling water (about a pint). Allow to stew for 30 minutes. Strain off the liquid and serve with a little honey and a slice of lemon.

POMEGRANATE [24]

The pomegranate is the fruit of *Punica Granatum*, of the family Punicaceæ. The orange-sized fruit has a hard reddish rind, which contains a pulp covering the seeds. The pulp contains a delicious juice for which the tree is chiefly

cultivated. A native of Asia Minor, the pomegranate grows in the Mediterranean region and in sub-tropical climates.

It is one of the best blood-building foods, being extremely rich in minerals. Its sodium content is very high, and it contains appreciable amounts of potassium, phosphorus and calcium. It is also rich in magnesium, and has some iron, chlorine and sulphur. It has a high vitamin content—chiefly B and C. The fruit is very full of seeds. The best way to eat it, therefore, is to express the juice and sip it slowly. No sugar should be added. It makes an excellent breakfast drink and is most refreshing and stimulating.

QUINCE

The quince is the fruit of *Pyrus vulgaris*, a tree of the same genus as the pear. It is pear or apple-shaped and golden in colour when ripe. The fruit is not good for eating raw, but makes excellent cheese and jelly. The fruit is ripe in early October.

RASPBERRY [9, 10]

The raspberry is the fruit of *Rubus Idæus*, of the family Rosaceæ, a fruit-bush found wild in Great Britain, Europe, North Africa and Asia. In America the European raspberry has given way to *R. strigosus*, which is a hardier plant. The black raspberry or thimbleberry is widely cultivated in North America (*R. occidentalis*). There is also a white variety, which is particularly delicious.

Raspberries have similar properties to the strawberry and are recommended for those who suffer from catarrh, colds and similar mucous disorders. They should be eaten when properly ripe, as their acids in an immature state are harmful. Sugar should never be eaten with them. If sweetening is required, a little honey may be added. Raspberries are one of the best of summer fruits, rich in organic salts of great value.

Raspberry and Orange Cup

Peel and quarter one or two oranges and mix with an equal quantity of stalked raspberries. Place in glass compote dishes, add a little extra orange juice and sprinkle with dessicated coconut.

Raspberries with Pears

Arrange a pile of stalked raspberries in the centre of a bowl and surround with chopped pears which have previously been peeled (unless the skin is very tender) and cored. Pour a glass of orange juice over the mixture, sprinkle with ground nuts and serve with or without sweet cream.

Raspberries with Gooseberry Purée

Place some stalked raspberries in a bowl. Choose some really ripe gooseberries and press through a fine sieve. Mix with the pulp a little honey and rich milk or cream and pour over the raspberries.

Raspberry Custard

Press out the juice from 2 lbs. of raspberries and strain through a piece of butter muslin. Beat 3 eggs, add to them 1 cup of cream and the raspberry juice. Sweeten with a little honey if required. Cook in a saucepan, stirring continuously, till the mixture begins to thicken. Pour into individual glass dishes and decorate with dessicated coconut and whole raspberries.

Raspberry Soufflé

Pound to a pulp 2½ lbs. of ripe raspberries. Add to them a little lemon juice and 2 tablespoons of honey. Beat the whites of 4 eggs till very stiff. Fold lightly into the fruit mixture and pour into a greased soufflé dish. Bake in a medium oven for 12-15 minutes and serve at once.

Raspberry Drink

Take 8 oz. raspberries, 8 oz. red currants, the juice of 2 oranges, and half a lemon, 2 tablespoons of honey and 1 qt. boiling water. Mix the honey with the water and pour over the prepared fruit. Macerate well and strain. Serve cold.

Raspberry Cream Sandwich Filling

Make a thick paste of fresh raspberries (or strawberries) mixed with cream and a little honey. Spread on bread.

Mixed Fruit Soup

Take 8 oz. raspberries, 8 oz. stoned cherries, 8 oz. pineapple flesh, and 8 oz. pears. Press the fruit through a fine sieve and add to the purée sufficient orange juice to make it of the right consistency. Mix very well together. Sweeten with honey and serve with cream, if desired.

Raspberry Soup

Extract the juice from 2 lbs. raspberries and mix with 8 oz. honey and half a teaspoon of cinnamon. Have ready some brown bread croutons and pour the mixture over them. Serve as cold as possible.

RHUBARB [21]

Rhubarb is the common name of a number of plants of the genus *Rheum*. The leafstalks of the garden rhubarb are largely used as a fruit substitute in pastries, but this practice is not a healthy one, as they are full of oxalic acid in excessive quantity. Though rhubarb is rich in potassium, calcium, sodium and iron, it is poor in vitamin content. It appears only to possess C. It is slightly laxative in effect. The best use for the plant is to extract the juice, which can be used as a substitute for lemon juice in dressing salads. The leaves contain much oxalic acid, and during the 1914-1918 war there were a number of cases of poisoning reported. It is, therefore, a plant to be used with discretion.

SHADDOCK

(See page 27, under *Grapefruit*)

SLOE

The sloe, the fruit of the sloe or blackthorn (*Prunus spinosa*), is a very small and extremely acid plum, chiefly valued for making home-made sloe gin.

STRAWBERRY [8]

The strawberry is the fruit of a number of species of the genus *Fragaria*, native of the north temperate zones of Europe, Asia and America. The wild strawberry, *F. vesca*, has been brought under cultivation, and certain other species were introduced, notably *F. virginiana*, from the U.S.A., and tropical species, *F. chiloensis*, from Chile.

The strawberry is an excellent and delicious fruit, rich in iron, soda and calcium, and containing salicin, which is a specific remedy for gout and other rheumatic disorders. In certain arthritic cases strawberries produce a strong reaction —a sign of their eliminative force—in the shape of urticaria, an affection of the skin. This is perhaps disagreeable, but it is all to the good. While it is customary to eat strawberries with white sugar and cream, it is preferable to eat them alone, or at the most, with a little honey and cream. Those

with weak livers should not eat cream with them. In general, the strawberry is a good food in cases of anæmia, acidity, spleen, kidney and liver troubles. It is also a good food for glands and nerves. The juice of the fruit makes a nourishing and refreshing drink for invalids.

Strawberries with Sour Cream

Take 1 lb. of ripe strawberries, ½ pint sour cream, 2 tablespoons honey, 3 oz. oatflakes. Mash the strawberries, mix with honey, oatflakes and the cream. Sprinkle with ground nuts.

Strawberries with Banana

Mash up some ripe strawberries (previously washed and stalked) and an equal quantity of banana, mixing a few drops of lemon juice with the latter. Beat the two together, pour into individual glass compote dishes and decorate with whole strawberries and pinekernels.

Strawberry Cup

Mix together an equal quantity of strawberries, raspberries and red currants and serve in individual dishes with some orange or pineapple juice.

Strawberry Sauce with Sweet Melon

Make the sauce by pressing some really ripe strawberries through a fine sieve. Then beat in some rich sweet cream and a little honey (if desired). Slice some melon and arrange at the bottom of a glass bowl. Pour the sauce over the top and garnish with a sprinkling of pinekernels.

Strawberries with Pineapple

Peel and cut into rings some pineapple, removing the hard centre. Arrange the rings on a large flat plate and place a pile of strawberries (previously stalked) on the centre of each ring. Serve with fresh cream and sprinkle with ground hazelnuts.

Strawberry Preserve

Pass the strawberries through a hair sieve. Add 3 lbs. raw sugar to each 2 lbs. of fruit juice. Pour into an earthenware basin and stir for 1 hour on the fire. When sugar and juice are thoroughly mixed, pour into bottles and put in a cool place.

Strawberry Soufflé

Pound to a pulp 2½ lbs. ripe strawberries. Add to them a little lemon juice and 2 tablespoons of honey. Beat the whites of 4 eggs till stiff. Fold lightly into the fruit mixture and pour into a greased soufflé dish. Bake in a medium oven for 12-15 minutes and serve at once.

Strawberry Sandwich Filling

Mash up a little banana with some fresh strawberries and mix in a little cream of ground nuts. Spread on wholemeal bread.

TANGERINE

(See page 33, under *Orange*)

THIMBLEBERRY

(See page 39, under *Raspberry*)

TOMATO

(See page 107, under *Vegetables*)

WATER MELON [26]

The water melon is the fruit of *Citrullus vulgaris* and is of the same family as the melon. A native of Southern Africa, it is now widely grown in the Southern United States and other warm climates.

The water melon is mostly water and has little nutritive value. But it is a most refreshing fruit and a good diuretic. It acts as a laxative and purifies the blood. The water melon is rich in minerals and is a highly alkaline food. After the tropical papaya, it is the best of the melons.

Sliced Water Melon

Cut a sweet, ripe water melon into slices and serve as a dessert or in place of a beverage.

WHIMBERRY

(See page 18, under *Bilberry*)

WHORTLEBERRY

(See page 18, under *Bilberry*)

WINEBERRY

The wineberry is a species of raspberry, *Rubus phæniculosus*, originally found growing wild in Japan. Introduced thence to the United States, it has now found its way to the British Isles. The berries have a sweet and pleasant flavour. They make an excellent dessert fruit and are also good for making jellies and preserves.

Chapter 2

FRUITS: SUB-TROPICAL AND TROPICAL

This chapter, devoted to sub-tropical and tropical fruits, perhaps requires a word of justification. At the present moment few of the fruits discussed are available in England. A somewhat larger number are to be obtained in the United States, more particularly in California and Florida. All of them are still "luxury foods," except in the regions where they grow most prolifically. Yet there is a steady and growing interest in the cultivation of tropical fruits and each year sees the introduction of new species into the United States. It is only a matter of time for the pineapple, the mango and the avocado to be as esteemed as is the banana to-day.

Apart from this consideration, we think it of interest to give some idea of the great wealth of foods provided by nature in the fertile tropical regions. Many of the less known tropical fruits are most delicious and of great nutritive value. It is impossible to praise too highly a really luscious papaya, a ripe Bombay mango or a succulent avocado. The custard-apple, the sapodilla and the star-apple are also fruits of outstanding excellence. Once tasted, they will always be sought eagerly.

As food habits change and natural foods come into their own, there will be a new demand for fruits from the tropics to supplement the temperate fruits of Europe and North America. Though home-grown foods should always supply the greater part of our requirements, it is good to have the variety which the addition of tropical fruits affords. This is particularly so while our own fruits are often produced from exhausted soil. While this is the case, the widest range of fruits is desirable, as this is an insurance against a lack of nutritive elements in our dietary.

ABIU

The abiu is the fruit of *Pouteria Caimito*, of the family Sapotaceæ. The fruit is roundish, from two to four inches long, yellow in colour, with a sweet whitish flesh, resembling that of the sapodilla. It is cultivated in Brazil and Peru.

AKEE

Akee is the name given to a tree, *Blighia sapida*, a native of Africa, and now grown in Jamaica and Central America. It belongs to the family Sapindaceæ. The tree produces bright vermilion fruits, consisting of a capsule which splits open when ripe, disclosing black seeds and fleshy arils of yellowish appearance. The arils may be eaten raw, but the natives generally cook them and use them as a vegetable. A bitter-tasting stringy fibre inside the arils must be removed before eating. In Central America the fruit is known as "vegetable brain," which suggests their form and texture when cooked. In Jamaica the fruit is plentiful from July to October, and more rare in other months.

The akee fruit is highly nutritious, containing fat and protein. It somewhat resembles an egg in its properties.

ALLIGATOR-PEAR or AVOCADO

(See page 158, under *Vegetable Oils and Fats*)

BAKUPARÍ

The bakuparí is the fruit of *Rheedia brasiliensis*, which closely resembles the bakurí, its close relative, and is likewise a native of Brazil. The fruit is similar to the bakurí, but smaller and not so delicious in flavour.

BAKURÍ

The bakurí is the fruit of *Platonia insignis*, a relative of the mangosteen. It grows in Northern Brazil. The fruit is the size of an orange, yellow in colour, with several seeds enclosed in white pulp. The flavour is acidulous and agreeable.

BANANA

(See page 115, under *Cereals and Starches*)

BILIMBI

The bilimbi is the fruit of *Averrhoa Bilimbi*, a relative of the carambola. It is a native of Malaya. The acid fruit is pickled, or preserved in syrup. The cylindrical fruit resembles the cucumber in appearance. The soft juicy flesh contains a few flat seeds.

BLACK SAPOTE

The black sapote is the fruit of *Diospyros Ebenaster*, a relative of the Japanese Persimmon. It is little known outside Mexico and Guatemala. The oblate fruit is olive-green in colour, three or four inches in diameter, and has a chocolate-coloured flesh which is very delicious. It can be beaten with a little lemon juice to give a sharper flavour.

BREADFRUIT

(See page 117, under *Cereals and Starches*)

BULLOCK'S HEART

The bullock's heart is the fruit of *Annona reticulata*, a relative of the cherimoya. It is heart-shaped or oval, weighs from four or five ounces to a pound or more, and has a red-brown smooth skin divided into areoles. The flesh, which contains a number of bean-like seeds, is creamy-white in colour, granular near the skin and very sweet in flavour. Though generally considered to be inferior to the cherimoya and sugar-apple in flavour, it is an excellent and delicious dessert fruit. It grows in tropical America, the Asiatic tropics, Polynesia, Australia and Africa.

CANISTEL

The canistel is the fruit of *Lucuma nervosa*, of the family Sapotaceæ. The tree bears clusters of small fruits from two to four inches long, ovoid in shape and orange in colour. A thin skin encloses a bright orange flesh, resembling the yolk of a hard-boiled egg. The flavour is rich and musky. It is grown in Cuba and Central America.

CAPULIN

The capulin, or wild cherry, is the fruit of *Prunus salicifolia*, of the family Rosaceæ, which grows in Central America and northern South America. It resembles the temperate cherry, being purple in colour and having a pale green, juicy flesh with a sweet flavour. It is agreeable raw, but can also be preserved or made into jam.

CARAMBOLA

The carambola is the fruit of *Averrhoa Carambola*, a tree widely distributed through the tropics. The fruit is oval, yellow in colour, about three inches long, and is ribbed lengthwise. The flesh is clear and watery, with an acidulated and refreshing taste. Besides being eaten raw, the fruit is stewed or made into jellies.

CARISSA

The carissa is the fruit of *Carissa grandiflora*, a tropical tree, now fairly common in southern Florida. The ovoid fruits, from one to two inches long, have a thin red skin enclosing a firm reddish pulp. It is a common fruit in Natal, where it is known as the amatungula. It is sweet in flavour and valuable as an ingredient of fruit salads. In the United States it is sometimes called Natal-plum.

CASHEW-APPLE

(See page 149, under *Cashew Nut*)

CEYLON-GOOSEBERRY

(See page 52, under *Ketembilla*)

CHERIMOYA [36]

The cherimoya, or custard-apple, is the fruit of *Annona Cherimola*, of the family Annonaceæ. It is one of the finest fruits in the world. Probably a native of Ecuador, it is now grown throughout Central America, in California, in the South Sea Islands, and even in the regions of the Mediterranean. The fruit is a syncarpium consisting of numerous

carpels fused with the flesh. It is generally more or less heart-shaped and may weigh a few ounces only or as much as four pounds. The skin is smooth and green, while the flesh is white and juicy. Many bean-shaped seeds are embedded in it. Its flavour recalls the pineapple and the banana together. It is a dessert fruit of the highest order, and may be described as a fruitarian ice-cream. The cherimoya contains much fruit sugar that is very easily digested. The term "custard-apple" is also applied in the British Colonies to other annonaceous fruits.

Seeded Cherimoya

Cut the fruit in half and remove the flesh. Next take out the seeds. Place the flesh in a bowl, squeeze a few drops of lemon juice over the top and serve with wholemeal toast.

Cherimoya Cup

Mix together some cherimoya, chopped pineapple and quartered orange. Add a few raisins and serve in a glass bowl.

CHINESE NUT

(See page 53, under *Litchi*)

CUSTARD-APPLE

(See page 47, under *Cherimoya*)

DURIAN [42]

The durian is the fruit of the tree *Durio zibethinus*, of the family Bombacaceæ, cultivated in the East Indies, the Philippines and Siam. The fruit is round and generally some six inches in diameter. It has a hard shell armed with tubercules. If the fruit is opened it will be found to contain five compartments, each filled with a glutinous pulp, in which are embedded seeds not unlike chestnuts. The pulp and seeds (which are roasted) are edible. The taste is complex. It has been described as almond-flavoured with wafts that call to mind cream-cheese, onion-sauce and other incongruities. Like most tropical fruits, it needs to be eaten when quite fresh. It is rich in energy-yielding properties, and favourably influences the glands.

FEIJOA

The feijoa is the fruit of *Feijoa Sellowiana*, of the family Myrtaceæ. It is a native of South America. The fruit is round or oblong, about two inches long, green in colour. The flesh, enclosed in a thickish skin, is white, and surrounds a pulp containing the small seeds. In flavour it resembles a strawberry.

GENIP

(See page 54, under *Mamoncillo*)

GENIPA

The genipa is the fruit of *Genipa americana*, a common tree of Brazil. It is also known in Porto Rico and other parts of the West Indies. The fruits are the size and shape of an orange and brown in colour. A thin skin covers a thin layer of flesh within which is a brown pulp containing many small seeds. The flavour has been compared with that of dried apples. In the British West Indies it is known as the genipap or marmalade-box.

GIANT GRANADILLA

The giant granadilla is the fruit of *Passiflora quadrangularis* and is the largest of its genus. The oblong fruit is from six to nine inches in length, green in colour, and contains a purplish pulp mixed with seeds. Its flavour is inferior to that of the passion-fruit and golden-apple.

GOLDEN-APPLE

(See page 63, under *Sweet Granadilla*)

GREEN SAPOTE

The green sapote is the fruit of *Calocarpum viride*, a tree common in the highlands of Guatemala. It resembles the sapote, but has a more delicate flavour. The fruit is generally smaller, elliptic in shape, with a greenish-brown skin. The flesh is sweet and juicy, and pale red-brown in colour.

GUAVA [39]

The guava is the fruit of *Psidium Guajava*, of the Myrtle family, to which belong the clove, cinnamon, allspice and nutmeg. A native of tropical America, the guava is now spread throughout the East and West Indies. It is also grown in California, Florida and Texas. The fruit, which is usually more or less round and from one to two inches in diameter, is yellowish in colour, with a white or pink flesh full of hard seeds towards the centre. It is laxative in character. The guava is rich in potassium, phosphorus, chlorine and sulphur. It also has fair amounts of calcium, magnesium and silicon. Excellent raw, it is often made into jelly, jam or cheese. The fruit quickly deteriorates, so it cannot be exported fresh.

The strawberry-guava is a hardier species. It has a flavour greatly resembling the temperate strawberry. Its botanical name is *P. Cattleianum.*

Other guavas are the Costa Rican guava or *cás*, the *guisaro* of Mexico and Guatemala, and the Brazilian guava.

There is also the *Pará guava*, similar to the true guavas, though not of the same genus.

Guava Dish

Choose some really ripe guavas, cut the fruit in half and remove the flesh. Mash up an equal amount of sweet ripe bananas and mix with the flesh. Add 2-3 oz. raisins and place the mixture in individual glass cups. Pour over each some pineapple juice and garnish with a ring of guava in the centre.

Whole Guavas

The guava is delicious eaten by itself. Choose ripe fruit. Prepare by peeling like an apple or else cut the fruit in half and extract the flesh with a small teaspoon.

ICACO

The icaco or coco-plum is the fruit of *Chrysobalanus Icaco*, and is widely used in the tropics, notably in tropical America and Cuba. The plum-like fruit, which is magenta or black in colour, has a white, insipid-tasting flesh. It is made into a sweet preserve.

ILAMA

The ilama, the finest tropical annonaceous fruit, is the fruit of *Annona diversifolia*, a native of Mexico, Guatemala and El Salvador. The fruit is oval or round and sometimes weighs over a pound. Its green or pinkish skin is divided into areoles. The flesh is white or pink, with a flavour like that of the sugar-apple. It is an excellent dessert fruit.

Among minor annonaceous fruits are the pond-apple (*A. glabra*), the wild cherimoya (*A. longiflora*), the mountain soursop (*A. montana*), the soncoya (*A. purpurea*), the posh-té (*A. scleroderma*) and the Brazilian biribá (*Rollinia deliciosa*).

IMBU

The imbu is the fruit of *Spondias tuberosa*, a relative of the mango. A native of Brazil, it has recently been introduced into Florida. It resembles a greengage, but has a thicker skin containing a liquid flesh reminiscent of an orange. It is sweet when ripe. Besides being eaten raw, it is used in Brazil to make a jelly.

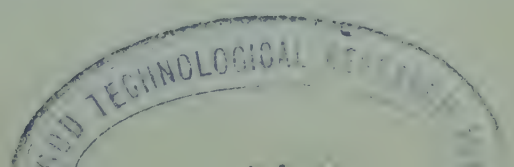
Other fruits belonging to the genus Spondias are the ambarella, vi or Otaheite-apple (*S. cytherea*), an oval fruit, two or three inches long, with an orange or reddish skin, pale yellow juicy flesh, and a flavour resembling that of the apple; the red mombin, ciruela, jocote, or Spanish-plum (*S. Mombin*), which is extensively grown in tropical America and resembles the juice of the cashew-apple in flavour, and a small yellow plum in appearance; the yellow mombin or hog-plum (*S. lutea*) which is ovoid, yellow in colour, with subacid pungent flesh, which is generally eaten raw.

INDIAN FIG

(See page 64, under *Tuna*)

JACKFRUIT

The jackfruit is the fruit of *Artocarpus integrifolia*, a relative of the breadfruit. A native of the East Indies, it is now found in the West Indies and in Hawaii. The fruit is enormous, oblong in shape and as much as two feet long. The greenish-



brown skin is studded with points, while, inside, the fruit consists of many small cavities containing a seed. The pulp has a pungent odour and a flavour resembling that of the banana. Though it can be eaten raw, it is not a very popular fruit. It is more agreeable when preserved, dried or stewed in milk. The boiled or roasted seeds are pleasant and a biscuit flour is made from them.

JAPANESE MEDLAR

(See page 53, under *Loquat*)

JUJUBE [41]

The jujube, widely consumed in China, is the fruit of *Zizyphus Jujuba*, a small spiny tree bearing a small drupe, usually elliptic in form, with a brown skin and a white flesh of agreeable flavour. The fruits grown in Europe, Arabia and India are inferior. They possibly represent another species. Jujubes can be eaten fresh or dried (when they resemble dates). They are used like raisins to sweeten bread or are boiled with rice. Boiled in syrup, they are made into sweetmeats. Their mineral content is unknown, but they are rich in fruit sugar and contain some protein. The predominant vitamins are B and E.

KETEMBILLA

The ketembilla is the fruit of *Dovyalis hebecarpa*, a relative of the umkokolo. It is a native of Ceylon, whence it has been brought to Florida and California. The fruit is round, an inch in diameter, and maroon in colour. The pulp is purple, with a delicious flavour resembling that of the gooseberry. It is sometimes known as the Ceylon-gooseberry.

LANGSAT

The langsat is the fruit of *Lansium domesticum*, a native of Malaya. The fruit is generally round, from one to two inches in diameter, the colour of straw, with a thick skin enclosing five segments of white flesh. It is eaten raw.

LITCHI [46, 47]

The litchi, lychev or Chinese nut is the fruit of *Litchi chinensis*, of the family Sapindaceæ. It is a native of Asia, but has been introduced into South Africa, Hawaii and Madagascar. The fruit is small, brownish in colour, shell-like in texture and with a flesh consisting of a grape-like jelly surrounding a stone. It is a fruit that can be eaten either raw or dried. Its flavour is reminiscent of Muscat grapes. It is rich in sugar, contains some protein, and various minerals. The dried fruit contains a larger proportion of sugar, protein and fat, and less water.

Litchi Rolls

Thinly cut some slices of wholemeal bread, and butter. Remove the flesh of some fresh litchis and roll up tightly in the bread and butter. Serve the rolls on a plate; sprinkle with ground nuts.

Litchis in Apple Cases

Peel one or two crisp apples, scoop out the centres (not cutting quite through) and brush with lemon juice. Fill the cavities with the flesh of some litchis and place each apple on a ring of fresh wholemeal bread. Decorate the top of each apple with a large fresh walnut.

LONGAN

The longan is the fruit of *Euphoria longana*, of the family Sapindaceæ. It is similar to the litchi (*q.v.*). Other relatives of the litchi are the rambutan (*Nephelium lappaceum*) and the pulasan (*N. mutabile*), both used in the Malay archipelago and China.

LOQUAT

The loquat is the fruit of *Eriobotrya japonica*, of the family Rosaceæ. It is widely cultivated in Japan and China, and, to a less extent, in the Mediterranean region and in the southern part of North America. Though a tropical fruit, it has the characteristics of a temperate fruit. The fruit grows in clusters on an ornamental tree. They are more or less round, one or two inches across and orange in colour. The skin resembles that of a peach in texture, but is tougher. The flesh ranges from white to orange in colour and is generally firm, but juicy. The flavour is acidulated.

It is sometimes known as the Japanese medlar.

LUCMO

The lucmo is the fruit of *Lucuma obovata*, of the family Sapotaceæ. It is a native of Chile and Peru. The fruit is generally round, about two and a half inches in diameter, green in colour and with a yellow flesh.

MABOLO

The mabolo is the fruit of *Diospyros discolor*, a relative of the Japanese Persimmon. The fruit is generally round, some three inches in diameter, with a reddish skin and white flesh adhering to a number of large seeds. It is a fruit of Malaya, now introduced into the Philippines.

MAMEE-SAPOTA

(See page 61, under *Sapote*)

MAMEY

The mamey is the fruit of *Mammea americana*, a relative of the East Indian mangosteen. The fruit, which is a native of northern South America and the West Indies, is round, about five inches in diameter, russet in colour, with a firm yellow flesh. It is said to have the flavour of a peach. When preserved, it resembles the apricot in taste.

MAMONCILLO

The mamoncillo is the fruit of *Melicocca bijuga*, a West Indian and South American plant. It is sometimes known as Spanish-lime or genip. The tree bears clusters of round fruits the size of plums. A green leathery skin encloses a yellowish jelly adhering to a round seed. The flavour varies from sweet to acid.

MANGO [32]

The mango is the fruit of *Mangifera indica*, of the family Anacardiaceæ. Among its relatives are the cashew and the pistachio nut. It is grown in India, Polynesia, tropical America, California and Florida, and in Southern Australia.

Mangoes are as yet hardly known in England as they do not travel very well. However, methods of handling them

are improving. At present they are a luxury fruit and the specimens sold in London shops give no idea of the fruit's excellence. Mangoes provide a kind of natural fruit butter, so rich and nutritive is their flesh, which makes a luscious and most satisfying food. There are countless varieties of mango, which vary very much in food value and choiceness of flavour. The commoner varieties are often somewhat stringy and are apt to taste of turpentine. But Bombay mangoes and certain others are magnificent fruits. The mango is very rich in minerals. It contains much potassium and calcium and also is fairly well supplied with phosphorus, chlorine, sulphur and magnesium. Its precise vitamin content is apparently unknown; it contains much easily digested sugar. The green fruit may be grated and used as a vegetable in salads. The skin must be peeled. It is now being extensively cultivated in Florida. Imported mangoes come from the West Indies. The mango is a very popular fruit in India.

Mango with Bread

With a very sharp knife peel and remove the flesh (but not the stringy part, if any) of two or three ripe mangoes. Serve in a bowl with a fresh unleavened wholemeal roll.

Mango and Grapefruit Salad

Make a salad of sliced mangoes and quartered grapefruit and serve with wholemeal toast.

Mango Cup

Slice some mangoes, add a little sliced banana, chopped pineapple and sweet apple. Make a sauce of orange juice with a squeeze of lemon and pour this over the fruit. Serve with dessicated coconut.

MANGOSTEEN

The mangosteen is the fruit of *Garcinia Mangostana*, a native of the East Indies, but now grown in Hawaii and the West Indies. It has been described as "the finest fruit in the world." It is about the size of a tangerine, with a thick purplish rind. The segments of the flesh lie loose within the rind which has to be cut with a knife. The texture of the pulp resembles that of a plum, but it has a delicate and more enticing flavour.

MANZANILLA

The manzanilla is the fruit of *Cratægus stipulosa*, a native of Guatemala. It is closely related to the tejocote of Mexico (*C. mexicana*). It resembles the haw, but is a little larger, like a small apple, whence its name, which is the diminutive of the Spanish *manzana*, apple. The fruit is used for stewing, jellies and preserves.

MARANG

The marang is the fruit of *Artocarpus odoratissima*, and resembles the seeded breadfruit and jackfruit in appearance. It grows in the Philippines. The fruit is roundish, about six inches across, with a green spiky surface. The rind encloses a juicy white flesh with an aromatic flavour. It has an agreeable taste and can be eaten raw.

MOUNTAIN PAPAYA

The fruit of the mountain papaya (*Carica candanarcensis*) resembles the papaya, but is much smaller. The fruit has a sweetish, perfumed taste, with properties valuable for dyspeptics. The fruit is used for making preserves in those regions where it does not fully ripen. The tree which itself resembles the papaya tree grows on the mountains of Ecuador and in Ceylon.

NASEBERRY

(See page 60, under *Sapodilla*)

OTAHEITE-APPLE

(See page 51, under *Imbu*)

PAPAYA [33]

The papaya, or papaw, as it is sometimes called, is the fruit of *Carica papaya*, of the family Caricaceæ. It is widely disseminated throughout the tropics. The fruit is marrow or melon-shaped, with a smooth orange-green skin. The flesh is yellow or salmon and some two inches thick, and a pulpy cream in texture; it encloses a cavity having black seeds adhering to its walls. The flavour varies greatly, being sometimes a little musty.

The papaya is a magnificent food, the king of tropical fruits. (The mango is the queen.) It is fairly rich in protein, in sugar and in fat. It is, therefore, highly nutritious. It also contains much sodium and magnesium, and has considerable amounts of phosphorus and sulphur. Like the pineapple, it is rich in papain, a protein-digestive ferment; it is consequently a valuable aid to digestion. Unhappily the fruit does not travel well, so that importation is at present impracticable.

Papaya Cup

With a ball shape cutter scoop out the flesh from a really ripe papaya and place the balls of fruit in individual glass cups. Cover with pineapple juice and decorate with freshly ground coconut.

Filled Papaya

Cut a nice big papaya of even shape in half. Peel the halves and remove the seeds and fibre from the middle. Fill the hollows with a mixed fruit salad of fruits in season. Squeeze a little lime juice over the papaya. Arrange on platters and serve at once while quite fresh.

Papaya Dish

Choose a nice firm, but ripe, papaya. Cut into small thick slices, peel and remove the seeds and the stringy centre. Cut and peel a thick ring of pineapple and peel a firm sweet banana (just before serving to avoid discoloration). Arrange a slice of papaya, a ring of pineapple and one or two bananas on a plate for each person. Serve with browned peanuts and stoned dates.

Diced Papaya and Pineapple

Peel and cut into dice an equal amount of papaya and pineapple. Chop up 2-3 oz. of stoned dates and add to the fruit, together with 2-3 oz. of ground cashew nuts. Serve in a bowl with a sauce of sweet grapefruit juice, flavoured with a few drops of lime juice.

PASSION FRUIT

The passion fruit is the fruit of *Passiflora edulis*, the purple granadilla, cultivated widely in Australia. The fruit is purple in colour, oval in shape, some two inches long, and contains many small seeds surrounded by juicy pulp with an acid aroma. The skin is hard and brittle. It is occasionally seen in London shops. It has a fragrant, agreeable taste. The best way to eat it is to cut it in half and take out the flesh with a teaspoon.

Passion Fruit with Cream

Halve the required number of fruit, scoop out the flesh and serve in individual bowls with thick cream.

PINEAPPLE [35]

The pineapple is the inflorescence of the plant *Ananas sativus*, of the family Bromeliaceæ. Of tropical American origin, it is now widely cultivated in Hawaii and the West Indies. It is a most delicious and nourishing food, which ought to be imported in far greater quantity and at a more reasonable price. The small South African pineapples are the least expensive and have a very good flavour. In general, the pineapple is rich in potassium, sulphur, calcium, chlorine, sodium, magnesium and phosphorus. It also contains a fair quantity of iron. It is rich in malic, citric and tartaric acids. It is a very digestible fruit, as it contains a ferment known as papain, which is similar to pepsin. Pineapples are excellent in cases of poor digestion and as a remedy for constipation. Their acids have a very good effect in cases of diphtheria and asthma. The pineapple is undoubtedly a fruit to which more attention should be paid. The predominant vitamins are B and E.

Pineapple Slices

Cut some slices of pineapple, remove the skin and hard centre. Arrange the slices on a flat plate. Slice some sweet apple and brush with a little of the pineapple juice. Arrange the apple in a layer on the top of each ring of the pineapple. Chop some dates and arrange on top of the apple. Finish off each pyramid with a knob of whipped cream.

Pineapple with Puffed Rice Cream

Beat together well some puffed rice and sour cream and add a flavouring of ginger. Cut up very small some pineapple and add to the rice. Serve in a bowl, keeping it as cool as possible.

Pineapple Cream

Melt 4 tablespoons of honey in ¼ pint water, bring to the boil, add ½ cup fresh pineapple juice and a little powdered ginger. Cool the mixture and fold in lightly 1 cup of whipped cream. Pour into a glass bowl and serve with crisp puffed rice.

Pineapple and Fruit Plate

Arrange decoratively on a plate the following fruit: a large ring of pineapple, a small banana (brushed over with lemon juice), a cluster of black grapes, an orange (peeled and with the pith removed), a few stoned dates and an equal quantity of fresh walnuts.

Pineapple Drink

Extract the juice from a fresh pineapple and dilute with a little water. Slice a few rings of banana and add with some halved strawberries to the liquid. Keep in a cold place till ready to serve.

PITANGA

The pitanga is the fruit of *Eugenia uniflora*, of the family Myrtaceæ. It is grown in Brazil and other American countries, and also in India and Hawaii. The fruit is oblate in form, has eight ribs, is about an inch in diameter, is red in colour and has a juicy flesh of the same shade. The flavour is aromatic and sub-acid.

Other myrtaceous fruits are the grumichama (*E. Dombeyi*). the jambolan, jambu or Java-plum (*E. jambolana*), the rose-apple (*E. Jambos*), the pitomba (*E. Iuschnathiana*), the ohia (*E. malaccensis*), the uvalha (*E. Uvalha*), the cabelluda (*E. tomentosa*), the guabiroba (*Abbevillea Fenzliana*), and the downy myrtle or hill-gooseberry (*Rhodomyrtus tomentosa*). Some of these fruits are natives of tropical South America, others of Malaya and the East Indies. They have been introduced in various tropical countries for cultivation. None is of much importance.

PITAYA

The pitaya is the fruit of *Hylocereus undatus*, a species of cactus widely grown in tropical America. The red or pink oval fruit is two or three inches long, and has a white juicy flesh filled with tiny seeds. It is delicious raw or may be used for making drinks and preserves. The pitaya provided by *Lemaireocereus griseus* is smaller, and is covered with spines. The flesh is dark red and most delicious.

PRICKLY-PEAR

(See page 64, under *Tuna*)

PURPLE GRANADILLA

(See page 57, under *Passion Fruit*)

RAMONTCHI

The ramontchi or Governor's-plum is the fruit of *Flacourtia Ramontchi*, a small tree of Southern Asia, now grown in Madagascar and the West Indies. The fruits are round, about an inch in diameter, maroon in colour, with a thin skin covering soft pulp and a number of thin seeds. The flavour varies from sweet to acid. It is chiefly used for jam and preserves.

ROSE-APPLE

(See page 59, under *Pitanga*)

SANTOL

The santol is the fruit of *Sandoricum Kætjape*, a native of Malaya. It is oblate, two inches in diameter, yellow-brown in colour, with a thick rind enclosing a white pulp attached to large seeds. In general, the fruit is not of high quality nor is the flavour very pleasant.

SAPODILLA [43]

The sapodilla or naseberry is the fruit of *Achras Sapota*, of the family Sapotaceæ. The tree is a native of tropical America, but is also grown in the Polynesian Islands and in India. It is a fruit of unusual excellence and has been described as having "the sweet perfumes of honey, jasmine, and lily of the valley." The fruit is generally round, with a diameter of two to three inches, and has a thin rusty-brown skin which contains a soft yellow-brown flesh, which is very sweet and nutritive. Unripe fruit must be avoided as it contains tannin and a milky latex. The seeds are hard and black, numbering from none to a dozen. The sapodilla is laxative in action, contains an easily digested fruit sugar, and is rich in minerals and vitamins. It also has relatively large amounts of protein and carbohydrates.

Sapodillas with Pineapple

Peel and remove the seeds from 4-5 large ripe sapodillas and cut the flesh into small pieces. Mix with it half the amount of pineapple (cut into dice) and the flesh and juice of one large grapefruit. Mix well together and place in a glass bowl. Serve with oatflakes (previously soaked for 12 hours in coconut water) and a sprinkling of ground nuts.

Sapodilla Compote

Cut in half some ripe sapodillas and remove the flesh, discarding the stones. Chop up the fruit and place in a bowl with some cubes of papaya, chopped sugar-pine, banana rings and a few raisins. Mix the fruit well together and add a little sweet grapefruit juice. Sprinkle with freshly-ground coconut before serving.

Sapodilla and Grapefruit Cup

Remove the flesh from some sapodillas and quarter some sweet grapefruit. Mix the two fruits together and serve in little glass cups, decorated with knobs of whipped cream.

SAPOTE

The sapote is the fruit of *Calocarpum mammosum*, of the family Sapotaceæ. The fruit is oval, from three to six inches long, brown in colour and woody. Its flesh is salmon in colour and creamy in texture. It encloses one large seed. The taste is rich, sometimes even cloying. Alternative names are mamee-sapota, marmalade-plum and marmalade-fruit. A native of Central America, it is now grown in the Philippines, the West Indies and South America.

Sapote and Pineapple Sweet

Cut the sapote in half, remove the stone and lift out the flesh. Cut into small pieces and add to an equal quantity of chopped pineapple. Place the fruits in a bowl and pour over them a sauce made of equal parts of tangerine and orange juice.

Sapote with Muskmelon

With a ball cutter, scoop out the flesh from a little muskmelon. Place the balls in small glass cups and add to them some chopped sapote. Cover the fruit with pomegranate (or orange) juice and serve with coconut milk.

SOURSOP

The soursop is the fruit of *Annona muricata*, grown in Central America, the West Indies and Polynesia. More tropical than the cherimoya and sugar-apple which it resembles, it grows in hot lowlands. It is a large fruit,

weighing as much as five pounds. The shape is ovoid, the colour green. Its flesh is white and stringy, with an aromatic flavour. Unless very ripe, it is best to squeeze the fruit and extract the juice, which suggests pineapple.

STAR-APPLE [45]

The star-apple is the fruit of *Chrysophyllum Cainito*, of the family Sapotaceæ. It is grown in Cuba, Jamaica and tropical America. The fruit is round and from two to four inches in diameter. A glossy purple skin encloses a sweet and agreeably flavoured mauve flesh which becomes white towards the centre where a number of brown seeds are embedded. It is rich in protein, fat and sugar. There is also a green-fruited variety. It is a fruit which must be eaten ripe, as the unripe fruit is astringent.

Tropical Salad

Peel, stone and prepare the flesh of the following fruits: star-apple, orange, pineapple, grapefruit, sapodilla and banana. Mix the fruits together in a bowl, pour over them ½ cup of orange juice and ½ cup of pineapple juice and serve with toasted wholemeal bread and grated fresh coconut.

Star-Apple Halves

Choose some large ripe star-apples and cut them in half. Carefully remove the pips and arrange the halves on a glass platter (having first well washed their skins). Place a knob of whipped cream in the centre of each half and finish off with a large halved walnut.

Star-Apple Purée

Choose some purple star-apples and extract their flesh, removing the pips. Mash up the flesh with a fork and beat in a little sweet cream and orange juice, sufficient to form a thick sauce. Fill small glass cups with the purée and decorate with very thinly-shredded banana rings and slices of tangerine.

STRAWBERRY-GUAVA

(See page 50, under *Guava*)

SUGAR-APPLE

The sugar-apple or sweet-sop is the fruit of *Annona squamosa*, a relative of the cherimoya. It is more tropical than the latter. It is grown in India, tropical America, the Philippines and Polynesia. It is perhaps the best of the

annonas, with the exception of the cherimoya. The fruit is heart-shaped, two or three inches in diameter, green in colour, with a tuberculate surface. The flesh is sweet and custard-like. It makes an excellent dessert.

SWEET GRANADILLA

The sweet granadilla or golden-apple is the fruit of *Passiflora ligularis*, a relative of the papaya, used by the people of the Mexican and Guatemalan highlands. It has a white, almost liquid pulp, with a perfumed aroma. The fruit is larger than the passion fruit, oval in shape, orange in colour, with a strong shell protecting the seeds and pulp.

SWEET-SOP

(See page 62, under *Sugar-apple*)

TAMARIND [48]

The tamarind is the fruit of *Tamarindus indica*, an ornamental tree widely distributed throughout the tropics. The fruit consists of a brittle brown pod, usually about five inches long, which encloses several seeds surrounded by an acid-tasting brown pulp. It may be eaten raw or used to make a laxative and refreshing drink. It is also used in chutneys and curries.

It is refrigerant, digestive and antiscorbutic.

To eat raw, remove the pod and suck the fruit as if it were a sweetmeat. The flesh adheres to one or more stones which must not be swallowed. To make tamarind tea, boil two to three ounces of shelled tamarinds in water. Strain and serve with sliced lemon and honey.

TREE-TOMATO

The tree-tomato is the fruit of *Cyphomandra betacea*, a bush cultivated by the Peruvians and now grown in India, Ceylon and California. The fruit is egg-shaped, reddish-yellow in colour, and about two inches long. The fruit is sub-acid in flavour and pleasant raw. It is also used to make a preserve.

TUNA [37, 38]

Tuna is the name given to the fruit of several species of Opuntia, particularly *O. megacantha* and *O. Ficus-indica*. It is also known as the prickly-pear or Indian fig. The tuna is a native of tropical America, but has been introduced into many other regions. The fruit is generally oblong, green or maroon in colour, two or three inches long, and contains a white pulp interspersed with seeds. The tuna is refreshing, though rather tasteless. It is rich in sugar. The leaves of certain species are eaten as a vegetable. The best way to eat the fruit is to cut it in half and take out the flesh with a small teaspoon.

UMKOKOLO

The umkokolo or kei-apple is the fruit of *Dovyalis caffra*, a native of South Africa. The fruit is almost round, an inch in diameter and yellow in colour. A thin skin protects a yellow juicy pulp and a dozen or so seeds. The ripe fruit has a pleasant aromatic flavour, but is chiefly used for preserves.

WHITE SAPOTE [44]

The white sapote is the fruit of *Casimiroa edulis*, probably a native of Mexico and Central America, and now grown in Florida and California. It is the size of an orange, is green, with a thin skin enclosing a soft yellowish flesh and one or more large oval seeds. The taste is sweet or slightly bitter. It is rich in sugars.

WILD CHERRY

(See page 47, under *Capulin*)

YELLOW SAPOTE

The yellow sapote is the fruit of *Lucuma salicifolia*, of the family Sapotaceæ. It is most common in Mexico. The fruit is slender and about four inches long, with a yellow skin. The flesh resembles the yolk of a hard-boiled egg in colour and consistency.

Chapter 3

VEGETABLES, HERBS AND SPICES

ALKEKENGI

(See page 106, under *Strawberry Tomato*)

AMERICAN CRESS

American cress, or land cress, *Barbarea præcox*, is a native of England, other parts of Europe and the northern states of North America. Though not much appreciated, it has quite a pleasant taste when used in salads.

ARTICHOKE

(See page 84, under *Globe Artichoke*, and page 87, under *Jerusalem Artichoke*)

ASPARAGUS [77]

Asparagus, or sparrow-grass, consists of the tender shoots of *Asparagus officinalis*, and makes an excellent table vegetable. The shoots, when young, can be eaten raw in a salad, while the larger and coarser shoots require cooking. There are white and violet varieties. Though it is a vegetable rich in alkaline minerals such as potassium, sodium and calcium, it has a considerable purine content and contains an amino-acid known as asparagine, which makes it a food to be taken in moderation. It should be avoided by sufferers from gout, rheumatism and other acid complaints. Canned and preserved asparagus should not be eaten. It is a vegetable that needs to be eaten fresh and in good condition, as it soon deteriorates.

Asparagus and Sour Cream Salad

Use the tender parts of young asparagus, cut them into small pieces and dress with a little sour cream. Arrange in a pile on a crisp lettuce leaf and serve with new potatoes.

Asparagus Fingers

Cut up the tender parts of some very young raw asparagus. Mix well with oil and a very little lemon juice, and serve on fingers of wholemeal bread.

Stewed Asparagus

Prepare, cut in pieces 2 inches long, saute with a little chopped parsley, chervil and fresh mushrooms. Simmer till tender in vegetable stock with a seasoning of grated nutmeg and celery salt, if desired. Serve on wholemeal toast and butter.

Fried Asparagus Tips

Cut off the tips 2 inches long, roll in flour, egg and fresh brown breadcrumbs. Fry in hot oil and serve with a little sauce of oil, lemon and finely-chopped onion.

Asparagus with Young Carrots

Select a dozen small carrots of uniform size, clean, partly boil and saute till tender in oil or butter. Prepare the bunches of asparagus as for plain steaming. Arrange alternately on a plate with the carrots. Serve with wholemeal sauce poured over.

Asparagus Soup

Scrape the asparagus, cut off the tips leaving them 1½ inches long, and lay aside to garnish the soup with. Cut the remaining shoots in short pieces, put in a saucepan with a lump of fresh butter, 1 small leek, 2 bay leaves and a faggot of parsley. Braise for 15 minutes, cover with vegetable stock and simmer until tender. Strain off the liquid, make a paste of wholemeal flour and water in the saucepan, add the liquid and as much more stock as is required to make the soup. Put back the asparagus after being rubbed through a purée strainer. Put back to simmer for 30 minutes, or till the tips have been boiled. Strain the soup, finish with wholemeal flour sauce. Strain through a hair sieve and serve.

ASPARAGUS PEA

The asparagus pea, *Lotus tetragonolobus*, has a good flavour, and is also decorative. The inch-long pods are rectangular in shape. The peas are prepared by boiling for a short while in water.

AUBERGINE

(See page 81, under *Egg Plant*)

BAY LEAF

The bay tree is a shrub of the laurel tribe, *Laurus nobilis*. The dried leaves are used in preparing sauces, soups, etc. They have a pronounced aromatic flavour.

BEETROOT [56, 57, 58, 59, 78]

Beetroots are the succulent roots of a biennial herb, *Beta vulgaris*, of the goose-foot family, which produces an edible root the first year and seed the second year. There are many varieties in cultivation, but the ones most used in cooking are the Sugar, Red and White varieties. The Sugar beet is chiefly grown for making sugar, while the Red is the favourite of the market gardener. The White or Swiss Chard (cometimes called Silver or Seakale beet), *Beta cicla*, is a distinct variety cultivated, not for the root, but for the leaves and leafstalks, which are greatly superior to the common Beet for greens or salad use. The stems are also cooked like asparagus. The Red beetroot can be eaten raw, if finely grated, and is a very good ingredient of a mixed vegetable salad. If cooked, it should be steamed, and on no account should vinegar be used in its preparation. Excellent for small gardens is the Spinach beet or Perpetual Spinach, cultivated for its leaves.

The beet is rich in blood- and tissue-building properties and also in alkaline minerals. It is outstandingly rich in potassium and chlorine, and also has a fair percentage of other minerals.

The green tops are nourishing and good blood cleansers. Steamed as a vegetable they make a most delicious food. Beets are also rich in sugar and contain some vitamins. They have a soothing effect upon the nerves and aid correct correct functioning of the liver. They are useful in cases of anæmia in combination with other natural foods. The sugar of the beet is the best vegetable sugar, though inferior to fruit and grape sugar. Naturally, the highly-refined beet sugar of commerce is in no way better than the highly-chemicalised white sugar from the cane.

Beetroot and Carrot Salad

Arrange on the edge of a plate, alternate slices of very young raw carrot and beetroot. Fill the centre with finely-shredded celery. Dress with oil, lemon juice and a little finely-chopped mint.

Beetroot, Spinach and Tomato Salad

Grate some raw beetroot, chop up very fine some young spinach and 1 or 2 tomatoes. Mix well together and dress with a little fresh cream, honey and orange juice, well beaten together.

Baked Beets

Choose some smooth, young red beets of uniform size and after washing well, bake in a slow oven for 4 hours. When done, serve hot with butter or oil, seasoned with paprika and a little celery salt.

Beet Stalks with Melted Butter

Cut off the leaves and roots, wash the stalks thoroughly and tie in bunches. Steam with a squeeze of lemon juice for about 20 minutes or until tender. Untie and serve on a flat dish (as for asparagus) with a little melted butter.

Beetroot Soup

Take 1 medium betroot, 1 stalk celery, 1 pint vegetable stock, 1 breakfast cup sweet cream. Cook, peel and chop up the beetroot. Cut up the celery and add with the finely-chopped beetroot to the stock. Simmer for 50 minutes. Rub through a sieve, add a little celery salt, heat again and add the cream before serving.

Beetroot Cream Dressing

Beat to the consistency of a thick cream some curd cheese and beetroot juice.

BORECOLE

(See page 88, under *Kale*)

BROCCOLI

Broccoli, *Brassica oleracea botrytis asparagoides*, very closely resembles the cauliflower. There are two varieties: the Purple and the White Cape. The latter is better flavoured, while the former is larger and more compact. Its uses are the same as those of cauliflower. It should be eaten when green and crisp. If the digestion is too weak to assimilate it raw, it should be conservatively steamed. Stalk, leaf and seedy end are all edible. Like the cabbage, it is rich in alkaline organic salts and has almost the same vitamin content. (For preparing and cooking, see "Cauliflower," *infra*.)

BRUSSELS SPROUTS [68]

Brussels sprouts are members of the cabbage family, *Brassica oleracea gemmifera*, and produce numerous small, green heads in the axils of the upright stem of the plant. Brussels sprouts are rich in potassium, but are slightly acid-forming owing to a high percentage of phosphorus, sulphur

and chlorine. They contain relatively much protein, and should be eaten in moderation by those afflicted with gout or rheumatism. They may be eaten raw (finely shredded) or cooked. In general, the ordinary cabbage is preferable.

Sprouts and Tomato Salad

Peel and pound some ripe tomatoes and mix with very finely-chopped young Brussels sprouts and a little grated turnip. Dress with oil, orange juice and chopped parsley. Garnish with one or two quartered Brussels sprouts.

Brussels Sprouts Saute

Pick off the outside leaves of some young sprouts, saute in butter for 5 minutes, seasoning with a little lemon juice, a few drops of honey, and celery salt if required. Serve in a border of mashed baked potato and garnish with a sprig of young parsley.

Brussels Sprouts with Cream

Remove stems and outer leaves, and steam. Put in a greased fireproof dish and cover well with cream, brown breadcrumbs and knobs of butter. Bake till light brown.

CABBAGE [69, 70, 71]

The cabbage is an esculent vegetable of many species, derived from the wild *Brassica oleracea.* There are many varieties under cultivation, which are divided into three distinct classes—White, Red and Savoy. The White has the best flavour for general purposes, but the Red is excellent in certain cooked dishes. The Savoy (*B. oleracea bullata*) is grown for winter use and has a stronger flavour than the other varieties.

When cooked the cabbage is apt to produce flatulence and to be hard of digestion. These disadvantages can be overcome by eating it in small quantities and by perfect mastication. The addition of a little cumin to the cabbage avoids the formation of gases.

Whether cooked or raw, the green outside leaves should be used, unless too tough, as they contain much nutritive value.

An excellent product of the cabbage is Sour cabbage or Sauerkraut—pickled cabbage. It contains lactic acid and is a great purifier of the blood. The salted commercial product should be avoided, but fresh Sauerkraut, made

without salt, but using maize, bread and dill to start the fermentation and give it flavour, is a very delicious and health-giving food.

Simple Cabbage Salad

Finely grate some cabbage heart and serve with a few drops of lemon juice, honey and dill.

Savoy Salad with Wholemeal Bread Fingers

Chop finely some Savoy cabbage and mix with a little grated carrot and finely-chopped cucumber. Season with finely-chopped chives, olive oil and lemon juice. Arrange in a salad bowl and serve with fingers of wholemeal bread and butter.

Cabbage and Apple Salad

Peel, core and cut in rings of medium thickness 1 or 2 large sweet apples. Brush over with lemon juice to prevent discoloration. Finely shred some cabbage and mix with a little sour cream and a spoonful of ground nuts. Arrange the apple rings on a flat plate. Pile a pyramid of the cabbage on each and serve with a walnut on the top to garnish.

Cabbage Stewed in Cream

Cut the required amount of plained steamed white or red cabbage (or Savoy) in small pieces. Put in a saucepan with a lump of butter, cover with fresh cream and add a little honey. Simmer until the cream is reduced to half and season to taste. Serve in a covered dish.

Cabbage with Fried Apples

Chop up some plain steamed cabbage or Savoy very fine and saute in oil (or butter) with a little finely-chopped onion. Peel and core some sour apples, cut in rings, roll in wholemeal flour and fry in hot oil. Heap the cabbage in small pyramids on a hot dish. Serve with a slice of apple on each pyramid.

Cabbage German Style

Shred the cabbage very fine. Mince a little onion, and saute to a golden colour. Add the cabbage (raw), moisten with a little strong vegetable soup and add a little lemon juice and honey. Cover the pan and braise slowly for 2 hours (keep moist and stir occasionally). Serve hot.

Cabbage Soup

Chop the cabbage very fine, put in a saucepan with a lump of butter. Add some chopped onion, a faggot of parsley and some paprika. Braise for 30 minutes. Moisten with the required amount of vegetable stock (to make the soup), let boil and put back to simmer till the cabbage is cooked to a pulp. Thicken with a paste of wholemeal flour and water, and allow to boil till it becomes transparent. Remove the faggot of parsley and rub through a hair sieve. Season with lemon juice or a little honey before serving.

Sour Cabbage (Sauerkraut) Soup

Take 2 qts. sauerkraut juice, 1 onion, 2 tablespoons cream and 2 oz. butter, wholemeal flour. Strain juice through a sieve, put in a saucepan and bring to a boil. Heat butter and fry a little flour and chopped onion in it. Pour soup slowly over the mixture and serve with cream.

CAMOMILE

Camomile, or chamomile, *Matricaria chamomilla*, is a wayside plant flowering in June. Its leaves provide a country remedy for colds, stomach disorders and congestion. An agreeable tisane or tea may be made from the dried leaves and flowers.

Camomile Tea

Take a pint of water, 2 teaspoons dried camomile, a slice of lemon or orange, a spoonful of honey. Boil the water, pour over the camomile and cook for 1 minute. Take the saucepan from the fire and let it stand with the lid on for 5 minutes. Add the honey and lemon. Serve.

CAPSICUM

(See page 85, under *Green Pepper*)

CARAWAY

The caraway, *Carum Carui*, is an umbelliferous plant growing in England, northern Europe and Asia, and in North America. Its fruit or seed has an aromatic smell and pungent taste. The roots, resembling parsnips, used to be valued as a vegetable. To-day the seeds are used as a seasoning in cookery, particularly in breads, cakes and certain kinds of cheese. An oil is distilled from the seeds and is used medicinally and for flavouring in cookery.

CARDOON

The cardoon, *Cynara cardunculus*, of the family Compositæ, is related to the artichoke. A native of southern Europe, it has more recently been introduced into South America. There are many varieties, among them being the Spanish, the Paris and the red-stemmed cardoon. It is prized for its stalks, though the heads are also edible. Cardoons require considerable cooking.

CARROT [61]

The common carrot is an umbelliferous plant with many varieties. The best known species, *Daucus Carota*, yields under cultivation a reddish-yellow edible root, usually spindle-shaped. It is a choice salad and table vegetable, and is also valuable, indeed indispensable, in the preparation of vegetable soups and stews. It is highly nutritious, rich in alkaline organic salts and in most of the vitamins. In particular it is noted for its content of carotin. It is an excellent food, particularly for growing children, who are generally very fond of it. Young carrots should be selected for use in salads raw. It may be grated or shredded to make it more easily assimilable. It can also be reduced to a pulp with a vegetable juice extractor. Carrots are diuretic in action and are also good for diseases of the stomach and kidneys. It is a vegetable especially rich in potassium, sodium, phosphorus, calcium, sulphur, chlorine, manganese, silicon, and iron. Taken in conjunction with tomatoes and a leaf vegetable it provides an excellent salad.

Young Carrot and Cheese Salad

Slice into rings some very young carrots. Mix with fresh curd cheese and serve on large crisp lettuce leaves.

Carrot, Endive and Leek Salad

Grate the carrot, cut the leek into rings and pull the endive into small pieces. Mix well together and dress with a little chopped onion, olive oil and lemon.

Fried Young Carrots

Select small young carrots, uniform in size. Clean and submerge in boiling water. Rub off the outside skin with a cloth. Steam till tender, drain, and press dry. Roll in wholemeal flour and fry in butter or oil. Serve with brown bread croutons and few crisp young lettuce leaves.

Carrots with Fines Herbes

Clean, cut in half, lengthwise, and slice thinly some carrots. Mince some shallots, saute in butter or oil, add the carrots, moisten with vegetable stock, cover with greased paper and simmer till tender. Season and sprinkle with chopped parsley.

Carrot Soup

Clean the required number of young carrots without scraping. Cut in slices and braise in oil with chopped shallots, a sprig of celery and a few mixed herbs. Add strong vegetable stock, let boil and put back to simmer till the carrots are well cooked. Strain through a fine sieve, return to fire and thicken with mashed steamed potatoes (added slowly). Boil up, stirring well and serve hot with brown breadcrumbs.

Carrot Rissoles

Grate some carrots and mix with some soaked ground wheat and a little lemon juice. Add a dessertspoon of ground hazelnuts mixed with finely-chopped parsley and onion. Mix all the ingredients well together and make into rissoles. Roll in dry breadcrumbs and serve on lettuce leaves.

Carrot Pie

Mix together 1 lb. shredded carrot, ½ lb. ground peanuts, 10 oz. oat-flakes, 1 tablespoon honey, a cup of cream and 2 beaten yolks of eggs (previously degerminated). Pour the ingredients into a mould and leave to stand before turning out. Sprinkle with ground almonds and dry wholemeal breadcrumbs.

CAULIFLOWER [72]

The cauliflower is a fleshy compact edible head, formed by the young flowers of a cultivated variety of cabbage, *Brassica oleracea*. It is very similar to broccoli. Indeed they often differ so little in appearance that it is easy to confuse them. It is best eaten when fresh, tender and crisp. The head may be chopped up finely and eaten raw. If cooked, it should be steamed in a waterless cooker for about twenty minutes. It is an alkaline vegetable and excellent for those suffering from acidity. It is rich in potassium, phosphorus, sulphur, sodium, calcium, silicon, magnesium and chlorine, and contains some iron. In vitamin content it ranks after the cabbage.

Grated Cauliflower Salad

Mix in a basin equal amounts of finely-grated raw cauliflower, finely-chopped peeled tomatoes and grated cucumber. Beat to the consistency of a cottage cheese. Arrange lettuce leaves on individual plates with mustard and cress, and in the centre place a heaped spoonful of the cauliflower mixture. Dress with oil and lemon juice.

Cauliflower and Walnut Salad

Grate some cauliflower head and mix in some finely-chopped walnuts. Dress with oil and orange juice and arrange in a pyramid in the centre of some very young cabbage leaves.

Cauliflower and Orange Salad

Grate some cauliflower and dress with a little fresh cream, finely-chopped mint and orange juice. Arrange on a glass plate in alternate piles with a few quarters of orange.

Cauliflower au Gratin

Steam a cauliflower in the usual way, drain, cut in pieces and place in a greased baking dish. Pour some wholemeal flour sauce on top, sprinkle with grated Parmesan cheese, fresh brown breadcrumbs and a little oil. Bake until it becomes a rich brown.

Cauliflower à l'Italienne

Serve plain steamed cauliflower in a border of brown rice and pour on top some wholemeal sauce. Season to taste.

Cauliflower Soup with Rice

Take 1 cauliflower, 2 qts. vegetable stock, 4 oz. whole rice, 1 egg yolk, a little butter, 1 tablespoon wholemeal flour. Pour boiling water over the rice, strain and fry in hot oil for 4-5 minutes. Cut cauliflower into quarters and add to stock with parsley. Boil till tender. Add slowly the flour mixed with melted butter. (Serve with egg yolk mixed in and cream, if desired.)

Cauliflower and Cream Sandwich Filling

Grate very finely some cauliflower heads and mix with some orange juice, ground walnuts and thick firm cream till a paste is formed. Spread on wholemeal bread or toast.

CELERIAC

Celeriac is a species of celery *Apium graveolens rapaceum*, which has a globe-shaped edible root commonly called the turnip-rooted celery. It has a very delicious flavour both raw and cooked. It is much favoured as a salad vegetable in Germany. It is less rich in organic salts than the stalk of celery, but is rich in vitamin B and has a little vitamin A. It is a highly alkaline vegetable. As it is somewhat tough it should be finely grated when eaten raw. The juice when extracted is an excellent purifier of the blood and is also beneficial in cases of dropsy and bad nerves.

Celeriac and Raisin Salad

Grate some raw celeriac and add a very few raisins. Dress well with oil and lemon juice and serve on lettuce leaves.

Celeriac and Swiss Cheese Salad

Finely slice some celeriac, rub a salad bowl with a clove of garlic, put in the celeriac and dress with olive oil, lemon juice, and a little sweet paprika. Garnish with a little grated Swiss cheese.

Boiled Celeriac

Select smooth young roots, peel off the outside skin, cut in quarters and steam till tender. Drain, slice, season to taste and serve in a vegetable dish with melted butter.

Celeriac au Gratin

Partly steam some peeled and sliced celeriac and arrange in a greased gratin dish. Pour over some wholemeal flour sauce, add a sprinkling of fresh brown breadcrumbs, a little butter, and some grated cheese. Bake till nicely brown and serve in the same dish.

CELERY [79, 80]

The celery is an aromatic plant of the parsley family, *Apium graveolens*, cultivated chiefly for its stalks which are blanched during growth. Generally the outer leaves are picked off, but they can be chopped up fine and used as a condiment. The inner tongue or "heart" is eaten raw, while the coarser stalks are useful in soups and cooked vegetable dishes. It is a vegetable rich in organic minerals and is of great therapeutic value when eaten raw, in fresh crisp condition. From a health point of view, it is better not to blanch the leaves and stalk. It has the highest sodium content of any vegetable, and is a very alkaline food, useful in gout, other acid conditions and disorders of the nervous system. The leaves contain inulin and are therefore recommended in the treatment of diabetes. It is a vegetable containing much cellulose, so it is a good supplier of "bulk" which helps to assure a regular action of the bowels.

Grated Apple, Raisin and Celery Salad

Finely grate some sweet apple, mixing with a few drops of lemon juice to prevent discoloration. Dice some tender young celery and mix the two together with a few minced raisins. Serve on crisp lettuce leaves, with a little plain olive oil.

Celery and Curd Cheese Fingers

Cut up very fine some celery and a little onion. Mix with curd cheese and place some of the mixture in the stalks of some uncut celery. Serve on fingers of wholemeal bread.

Celery and Cucumber Salad

Chop up fine some celery and mix with some shredded lettuce and sliced cucumber. Dress with oil, lemon juice and finely-chopped thyme.

Steamed Celery

Cut the outer stalks of celery into pieces 3 inches long. Steam in vegetable stock till tender. Remove from the fire, strain off the sauce. Thicken with a paste of wholemeal flour and water, season to taste. Arrange celery in a deep dish and pour the sauce on top.

Stewed Celery

Cut the outer stalks of celery into small pieces. Place in a pan and cover with vegetable stock. Leave to simmer till tender. Drain off the liquid and serve in a vegetable dish with a little oil.

Cream of Celery Soup

Cut the celery in small pieces and braise in oil with some herbs and minced onion for 15 minutes. Add sufficient wholemeal flour to thicken the soup and slowly incorporate the required amount of vegetable stock. Boil up and put back to simmer for 3 hours. Strain through a fine hair sieve. Season with celery salt and a little nutmeg. Finish with a liaison of egg yolks and sweet cream. Serve with wholemeal bread croutons.

CHICORY [83]

Chicory is a perennial herb, *Chichorium Intybus*, of the aster family. It is extensively cultivated in Europe, Asia and the United States. It has finely divided and curly leaves, which make an excellent winter and autumn salad. The roasted and pulverised roots are used to adulterate coffee. The root is fairly rich in potassium, sodium, phosphorus, chlorine, sulphur, calcium, magnesium and iron. Its vitamin content is unknown. It is said to be a good food for the glands. The leaves have a slightly bitter flavour. Crisp chicory is most delicious. Chicory is more laxative than the lettuce and is an excellent purifier of the blood.

Seasoned Chicory

Select some well-blanched heads of chicory, trim off the green leaves, pick apart and steep for 1 hour in cold water. Drain off the water and dry thoroughly. Rub a salad bowl with a clove of garlic, put in the chicory and season with olive oil, a few drops of lemon juice and a few ground nuts or a little sour cream.

Chicory, Tomato and Cress Salad

Pull into small pieces some crisp chicory leaves and mix together with some sliced tomatoes. Arrange in a salad bowl with a border of mustard and cress. Mix in a dressing of honey, orange juice and oil.

CHILI PEPPER

(See page 85, under *Green Pepper*)

CHINESE ARTICHOKE

The Chinese artichoke or Stachys, *Stachys tuberifera*, is a native of Japan and Northern China. It possesses small irregular tubers which are edible. The stringy ends should be cut off before cooking. In taste, it slightly resembles the Jerusalem artichoke. Another name for the Stachys is *crosnes*.

Stachys and Tomato Salad

Peel and pound some tomatoes, wash the stachys and slice them into small pieces. Mix with the tomato purée and dress with cream, honey, and orange juice.

Boiled Crosnes with Cream

Boil the crosnes for 12 minutes, drain off the water and complete the cooking in a little oil or butter. Pour cream over them just before serving.

CHIVE [95]

The chive is a small bulbous plant, *Allium Schœnoprasum*, belonging to the onion tribe. It has numberous slender leaves growing from four to six inches long. Chives should be cut close to the root, in which case they will grow up several times. The plant is propagated by dividing the root. The chive gives an excellent flavour to salads, cooked vegetables and cheese. It is a stimulant of the digestive juices, like all the onion tribe.

Chives are similar to chicory root in their mineral content, except that they are richer in potassium, calcium, phosphorus, magnesium and sulphur. However, they have considerably less sodium.

CINNAMON

Cinnamon is the inner bark of the shoots of *Cinnamon Zeylanicum*, a tree grown in Ceylon, Borneo and Sumatra. It is used medicinally and also as a flavouring for cakes,

desserts, etc. Much cinnamon is adulterated with *cassia lignea*, a substance of inferior flavour.

COLLARD or COLEWORT

The collard or colewort, *Brassica oleracea*, is a hardy variety of cabbage. It matures quickly and takes up less room than the Savoy.

CORN SALAD [67]

Corn salad or lamb's lettuce is an annual salad plant, *Valerianella olitoria*, which grows wild in European grain fields. It is also cultivated widely and used as a winter and early spring substitute for lettuce. For those who like cooked vegetables, it makes an excellent green when cooked like spinach. It is a vegetable unusually rich in sodium and contains fair amounts of vitamins B and C. It is richer than the lettuce in protein. In old days it was used as a remedy for scurvy and cleanser of the blood. Its leaves are firmer than the leaves of lettuce and need more thorough mastication. It is a plant which should be more widely known, as it provides the first salad of the year.

Corn Salad with Grated Turnip

Put some crisp corn salad leaves in a salad bowl and garnish with small heaps of grated turnip seasoned with cumin. Dress with oil and lemon juice.

Lamb's Lettuce and Fruit Salad

Cut some fresh pineapple into cubes, slice some oranges, seed and cut in half some grapes, and coarsely chop some walnuts. Place in the halves of orange skins and cover with a dressing of cream and a little lemon juice. Serve on leaves of lamb's lettuce and garnish with finely-chopped parsley.

COUVE TRONCHUDA

(See page 103, under *Seakale Cabbage*)

CUCUMBER [50]

The cucumber is a creeping garden plant of numerous species belonging to the genus *Cucumis sativus*. A native of Southern Asia, it has for long been cultivated in all civilised countries. It is as much a fruit as a vegetable, but is generally eaten with the latter. The gherkin is a small prickly variety

of cucumber, but the word is often loosely applied to all kinds of small pickled cucumbers. It is one of the most alkaline foods, with a large organic mineral content. The cucumber is very rich in potassium, phosphorus, sodium, silicon, calcium, sulphur, chlorine, magnesium and iron. It contains a large amount of vitamin C and a less quantity of vitamin B. It is a fruit to be eaten raw, as cooking destroys a large amount of its value. Cucumbers are best when freshly picked from the vine, and the varieties grown outdoors are preferable to the hothouse specimens. Pickled cucumber—using brown bread, maize and dill as ferments, and adding no salt—is an excellent food and advantage may be taken in the summer to prepare a large barrel for the winter months when fresh foods are scarcer. Therapeutically, cucumbers have a diuretic action and are also valuable in cases of gout and other metabolic disorders.

Cucumber Rings and Onion Salad

Cut some thick rings of firm cucumber. Choose some nice small spring onions and make into equal length, bunches of three or four. Remove the middle of the ring of cucumber and insert the bunch of onions. Arrange on crisp lettuce leaves round the edge of a plate, and pile a little fresh cream cheese in the centre.

Cucumber Salad with Potato and Sour Cream

Peel and slice very thin some cucumber. Sprinkle with lemon juice, put in an earthenware bowl and set aside for several hours. Drain off the juice and press between two plates till quite dry. Return to bowl, adding a handful of chopped chives and a like amount of sliced, cold boiled potato. Mix with thick sour cream, season with a very little honey and a little celery salt, if necessary. Dish on a salad plate and garnish with a few sprigs of garden cress.

Cucumber and Sour Milk Salad

Cut a cucumber into fine slices and leave to soak in oil for a few hours. Then serve with sour milk and wholemeal bread.

Baked Stuffed Cucumber

Select several cucumbers about 6 inches long, cut off the bitter end, and peel. Push out the centre with a column tube. Fill the centre with a mixture of diced tomatoes, chopped onion, a little Swiss cheese and some fresh brown breadcrumbs. Stop up the ends with firm pieces of cucumber and roll each cucumber in a separate piece of oiled paper. Arrange in an oven dish, moisten with vegetable stock, put on the cover and braise in a slow oven fro 40 minutes. Remove the paper and serve hot, whole or cut in slices.

Fried Cucumber

Peel a large cucumber, cut in slices about ¾ inch thick, remove the seeds with a column tube, leaving the slice in the form of a ring. Steep in cold water for ½ hour. Drain, dry, season, roll in wholemeal flour and fry in hot oil until they are done. Garnish with a sprig of fried parsley on each ring.

Cucumber Soup

Take 1½ lbs. cucumber, 1 oz. butter or "Nutter," 1 qt. vegetable stock, 1 tablespoon chopped leek and parsley, 2 egg yolks, 1 cup sweet cream. Skin the cucumber and cut into thin slices. Put in a pan with the butter and stew for 5 minutes. Add the leek and parsley and the heated stock. Simmer for 30 minutes and add herb salt to taste. Beat the egg yolks with the cream and add them to the soup. Heat (without boiling) and serve with brown bread croutons.

Cucumber Sandwich Filling

Chop up small some cucumber and watercress and spread on wholemeal bread and butter.

CUMIN or CUMMIN

Cumin, *Cuminum Cyminum*, an annual herbaceous plant of the family Umbelliferæ, is cultivated for its fruit (seeds) resembling those of the caraway, but being larger and stronger in taste. They are used to flavour breads, cakes, etc.

DANDELION [74]

The humble dandelion, a common hardy perennial plant, *Taraxacum officinale*, grows in profusion on lawns and pastures. The deeply notched leaves, which resemble chicory, are gathered in the spring and make a useful addition to the salad-bowl, when greens are still somewhat scarce. It is a plant exceedingly rich in all the organic minerals and had a full measure of vitamins A, B, C and D. Dandelion leaves are a very delicious spring vegetable. The old leaves are too bitter to be agreeable, but the young crisp leaves have a pleasant bitterness and help to stimulate the appetite. They act upon the liver, causing a copious flow of bile. Affections of the skin also respond to dandelion leaves taken in the diet.

The roasted roots of the dandelion make a wholesome substitute for coffee. Coffee made of pulverised and roasted dried figs is another alternative to real coffee which contains caffein.

Dandelion Salad

Choose young tender leaves, wash and press dry. Rub the salad bowl with a clove of garlic and put in the dandelions. Season with celery salt and sweet paprika, dress with olive oil and a few drops of lemon juice.

Boiled Dandelion Leaves

Boil the leaves in a little water, drain and chop them up fine. Serve with a little oil or butter.

Dandelion Coffee

Gather autumn roots of dandelion. Wash the roots, then bake in the oven till they look like roasted coffee. Grind when cool and serve like ordinary coffee. It is possible to buy dandelion roots already prepared for use. Use a teaspoonful of the coffee to half a pint of water or milk. Boil and strain. Serve with a little cream.

DILL [98]

Dill is an annual umbelliferous herb, *Peucedanum graveolens*. It yields finely divided leaves, yellow flowers and pleasant aromatic seeds. It is a native of the Mediterranean countries and is also widely grown in India for culinary purposes. In England and the United States the leaves, flowers and seeds are used in pickling, salads, flavouring soups and sauces. It is a useful ingredient in sauerkraut. The stems, leaves and budding flowers are all rich in minerals and also in vitamins A, B and C. It is a strongly alkaline food. It is often recommended for those suffering from mineral deficiencies and is also valuable for increasing the secretion of mother's milk and for correcting menstrual disorders. It is rich in an ethereal oil which is irritating to those with kidney trouble. Otherwise it is a very valuable condiment which should be used far more widely than it is. If the fresh leaves are unobtainable, the dried seeds may be used in their place.

EGG PLANT [187]

The egg plant, *Solanum Melongena*, sometimes known as aubergine or mad-apples, is cultivated in Europe, America and the West Indies for its large smooth egg-shaped fruit. It is both decorative and delicious to eat.

It is a vegetable rich in vitamins—A, B and some C—and has a considerable amount of potassium, phosphorus,

chlorine, sulphur, magnesium, calcium and sodium. It also contains some iron. Though generally cooked, it can well be eaten raw, chopped up fine in a salad. If cooked at all, it should be baked in an oven or cooked in a waterless steamer. Aromatic herbs or garlic should be used to flavour it.

Fried Egg-plant

Cut the egg-plants into slices and let them stand for 1 hour. Dip the slices in wholemeal flour, egg and breadcrumbs and fry in hot oil.

Baked Egg-plant

Peel the egg-plants and remove the seeds. Cut into thick discs and steam till tender. Put in a fireproof dish, cover with a little butter and bake in a slow oven.

Egg-plant Sandwich

Take 4-5 small egg-plants, 2 onions, 1 apple, 2 oz. oil. Bake the egg-plants in the oven. Skin them, allow to cool and then chop up fine. Grate the onion and apple, and add to the egg-plant, with a little oil and lemon juice. Stir well together and spread the mixture on thin slices of wholemeal toast.

ENDIVE

The endive is a well-known salad plant, *Cichorium Endivia*, bearing a resemblance to chicory. Yet it may be distinguished by the large annual roots and the greater bitterness of the leaves. It is very rich in potassium and calcium, in vitamin B and (the green leaves) in vitamin A. The leaves are somewhat tough and need to be very carefully chewed. They are a stimulant to the appetite and spleen, promote the secretion of bile and assist activity of the skin. There are many different varieties cultivated.

Endive, Tomato and Carrot Salad

Pull into small pieces some crisp endive and mix together with a little chopped tomato and some young carrots cut in thin rings. Dress with olive oil, lemon juice and a little finely-chopped garlic or onion.

Endive, Parsnip and Leek Salad

Cut the leek into rings, grate the parsnip and pull the endive into small pieces. Mix well together with a little onion, nut oil and lemon.

FENNEL

Fennel is an umbelliferous plant, *Fœniculum vulgare*. Sweet fennel is the only species directly concerned with cooking. The young leaves are used for seasoning salads, soups and sauces. It contains a fairly large percentage of mineral elements; it is poor in protein and carbohydrates. It promotes digestion and has a diuretic action. Contrary to dill, it lessens the mother's secretion of milk. A tea is made from fennel for medicinal purposes. The seeds are used as a remedy for stomach aches and cramps. Fennel powder, made from the roasted and ground seeds, is also used externally.

FINOCCHIO or FLORENCE FENNEL

Finocchio or Florence fennel, *Fœniclum dulce*, is cultivated for its swollen stem bases. Also the leaves, like those of the common fennels, can be used as a condiment. Finocchio is best steamed.

GARDEN CRESS

(See page 113, under *Watercress*)

GARLIC [97]

Garlic is an onion-like bulbous plant, *Allium Sativum*, which is very similar to the leek in some respects. Each bulb is made up of a number of smaller ones called "cloves." It is a popular condiment in all oriental and Mediterranean countries. In England it is not very widely used. It not only imparts a good flavour to salads, cereals and cooked vegetable dishes, but is a great cleansing and disinfective agent. It is very strong in its action, so it should be used with care and discretion. Many people cannot tolerate it—at least until they have lived for some time upon a natural dietary. Therapeutically, garlic is useful as a vermifuge and tænicide. It contains allyl, iodine and sulphur. It is highly aromatic.

GHERKIN

(See page 78, under *Cucumber*)

GINGER

The ginger of commerce is the rhizome or underground stem of *Zingiber officinale*, cultivated in the East and West Indies. Ginger has long been used as a spice, particularly in cakes, pastries and confections. The powdered root is also used to flavour fruit and other dishes. Preserved ginger is the young green rhizomes scraped and preserved in syrup. Ginger contains principally starch, volatile oil and resin. The whitish ginger seen in shops has been coated with sulphate of lime or washed in whiting.

GLOBE ARTICHOKE [63]

The globe or green artichoke, also known as the flower or burr artichoke, *Cynara Scolymus*, is a plant of the family Compositæ. The edible portion is provided by the flower which resembles that of the thistle. In France the globe artichoke is eaten raw as a salad; in England it is generally cooked and served as a vegetable. It can be baked, boiled, fried or stuffed. The parts eaten are the "bottoms" and the floret disc with the leaf scales surrounding it.

Globe artichokes are rich in potassium, sodium and calcium, but contain much phosphorus and are acid-forming. They possess some vitamin A and traces of C. Owing to its tannic acid content the artichoke is constipating, while its high percentage of purine tends to produce uric acid.

Artichoke Bottoms with French String Beans

First cook some artichoke bottoms and French string beans. When tender toss together in a saute pan with a little butter, lemon juice and vegetable stock. Cover with greaseproof paper and simmer slowly for 5 minutes. Carefully lay the artichokes aside and heap the beans in a pyramid on a vegetable dish. Arrange the artichokes round the edge to form a border. Strain the juice and pour over the pyramid before serving.

Artichoke Purée

Prepare and boil the artichokes as usual and press through a purée strainer. Add a little wholemeal flour sauce and season with sweet paprika and celery salt. Serve with brown bread croutons.

GOLDEN THISTLE

The golden thistle or scolymus, *Scolymus hispanicus*, also known as Spanish oyster plant, has edible leaves, stalks and roots. It is chiefly cultivated for the latter, which resemble salsify in flavour.

GOOD KING HENRY or GOOSEFOOT

(See page 114, under *Wild Spinach*)

GOURD

(See page 112, under *Vegetable Marrow*)

GREEN PEPPER [84]

There are many species of peppers—red or green in colour and of various degrees of hotness. The ones most useful in salads and cooking are the mild varieties of the genus *Capsicum*. The most usual variety for salad or vegetable use is the green pepper. It is an excellent food, low in its content or proteins and fat, but rich in vitamins A, B, C and E. It also possesses a large quantity of alkaline minerals. It should be eaten raw, as cooking destroys most of its value. It is particularly delicious with wholemeal bread and butter. It is an eliminative food. When the ripe pods of the Chili pepper are dried and ground, the powder obtained is known as paprika and is a useful mild condiment for use with soups, vegetable dishes, sour milk and milk products, etc.

Green Pepper and Tomato Salad

Cut a pound of tomatoes into thin slices and arrange with it in layers a thinly sliced and peeled cucumber. Add some rings of sweet green pepper and serve the whole on crisp lettuce leaves.

Stuffed Raw Green Pepper

Cut 1 or 2 large firm green peppers in half (from top to bottom). Clean out the insides and lay each half on a crisp lettuce leaf. Fill the pepper with a mixture of cottage cheese, fresh brown breadcrumbs and a little finely-chopped onion. Serve with peanut oil.

Saute Green Peppers

Select large green peppers, plunge in hot oil and rub off the skins. Cut in half and remove the stem and seeds. Cut away the ribs. Saute in oil or butter for a few minutes, then moisten with a little vegetable

stock. Cook slowly for 30 minutes, or till tender. Season with chopped shallot, parsley and sweet paprika (celery salt if desired). Serve on slices of toast and butter.

Green Peppers Stuffed with Polenta

Choose some large firm green peppers. Remove the stalk and make a sufficiently large incision to clean out the inside. Fill the cavity with previously cooked maize polenta, place in a saucepan and boil the peppers till tender. Serve on slices of buttered brown toast.

GUMBO

(See page 94, under *Okra*)

HAMBURG PARSLEY

Hamburg parsley, *Carum petroselinum fusiformis*, is not much grown in England. It is well known in parts of Europe, where it is cultivated for its roots which have a peculiar flavour.

HEDGE MUSTARD

(See page 114, under *Winter Cress*)

HERBS

In addition to chives, cress, dill, fennel, finocchio, mint, mustard, nasturtium, parsley, sage, sorrel, tarragon and thyme, which are given separate mention, the leaves of the following herbs will be found useful, grated finely in salads: angelica (*Angelica archangelica*), balm (*Melissa officinalis*), basil (*Ocymum minimum* and *O. basilicum*), borage (*Borago officinalis*), chervil (*Anthriscus cerefolium*), costmary (*Tanacetum balsamia*), hyssop (*Hyssopus officinalis*), lavender (*Lavendula*), lovage (*Ligusticum scoticum*), marigold (*Calendula officinalis*), marjoram (*Origanum onites* and *O. majorana*), pennyroyal (*Mentha pulegium*), purslane (*Portulaca oleracea*), rampion (*Campanula rapunculus*), rosemary (*Rosmarinus officinalis*), rue (*Ruta graveolens*), savory (*Satureia hortensis* and *S. montana*), southernwood (*Artemisia abrotanum*), sweet cicely (*Myrrhis odorata*).

Borage, marigold, nasturtium and rosemary have flowers which may be eaten as well as edible leaves.

HERB ST. BARBARA

(See page 114, under *Winter Cress*)

HORSERADISH [100]

The horseradish is a cultivated plant of the radish family, *Cochlearia armoracia*. It is extensively grown in all subtropical and in some temperate countries. The roots have a sharp pungent taste and make a condiment when grated. It contains a small amount of protein, practically no fat and quite a considerable quantity of carbohydrates. It is very fibrous and contains an ethereal mustard oil, which is somewhat irritating to the kidneys and burning to the taste. It is best avoided by those with weak digestions. On the other hand, it is rich in potassium, calcium and phosphorus. Nothing is known of its vitamin content.

The leaves of the horseradish plant make an excellent green vegetable, and contain practically no mustard oil. They should be used more frequently than they are at present.

Horseradish Sauce

Take half a cupful of sour cream and mix it well with 2 tablespoons of grated horseradish. Season with celery salt, if desired.

INDIAN CORN

(See page 118, under *Cereals and Starches*)

JERUSALEM ARTICHOKE [64]

The Jerusalem artichoke which somewhat resembles the potato in appearance is more in the nature of a turnip, so far as its properties are concerned. It is a highly alkaline food, containing a fair amount of protein and large quantities of carbohydrates, chiefly in the form of inulin. Inulin does not increase the sugar content of the blood, consequently Jerusalem artichokes can be used by diabetics as a source of easily digested carbohydrates. The Jerusalem artichoke is also valuable for those who wish to lose weight without abandoning all starchy foods. It is rich in potassium and to a less extent in sodium, silicon, chlorine, iron, calcium

and magnesium. It also has some phosphorus and sulphur. It may be grated and eaten raw, or else it can be cooked in the same manner as the potato. The roots are an awkward shape, as the tubers project out all round, but they can be rounded off for cooking. The Jerusalem artichoke is to be distinguished from the green or globe artichoke which is much cultivated in France.

Artichoke and Raisin Salad

Finely grate some Jerusalem artichokes and arrange on lettuce leaves. Place a small pile of raisins in the centre and serve with a dressing of cream, honey and orange juice, or of oil, lemon juice and chopped mint, if preferred.

Jerusalem Artichokes au Gratin

First steam the artichokes and then cut into dice. Mix with a wholemeal flour sauce, season with herbs, sprinkle with grated Parmesan cheese and fresh brown breadcrumbs. Bake in oven and serve in the same dish.

Baked Jerusalem Artichokes

Peel and trim the required number of artichokes. Put in a covered baking dish with plenty of butter or oil. Season with celery salt and a little paprika. Bake in a brisk oven for 30 minutes. When ready to serve they should be a rich brown in colour.

Jerusalem Artichoke Soup

Peel some large artichokes, cut them in thin slices, braise in butter or oil with a carrot, 2 onions, a sprig of celery, some sweet herbs and a few bay leaves. Add enough strong vegetable soup to make the soup, let it boil and leave to simmer for 3 hours. Make a paste by mixing together equal parts of butter and wholemeal flour (or simply water and flour). Stir into the soup, allow to boil for 5 minutes, remove from fire, rub through a purée strainer and season as required. (Before serving, a little cream may be added.)

KALE [87]

Kale or borecole is a hardy species of cabbage of the natural order *Cruciferae*. It does not form a head like a cabbage, however, but yields an abundance of finely curled leaves. It is a highly prized winter and spring vegetable, able to withstand considerable frost. Cultivated varieties are the Green Curled, Seakale and Siberian. Its fat, protein and carbohydrate content is low. Rich in alkaline minerals (particularly potassium), it is a good cleansing food.

Kale and Tomato Salad

Select the innermost leaves of young kale. Cut into fine pieces and mix with some peeled tomatoes finely chopped. Put into a salad bowl that has been rubbed with a clove of garlic. Season with lemon juice and oil. Garnish with heaps of grated carrot.

Steamed Kale

Select several bunches of kale, cut off the roots, wash the leaves well and steep in water and lemon juice to remove the bitterness. Steam till thoroughly done. Drain off the water and chop the kale very fine. Serve in a dish with a little melted butter or sweet cream and paprika.

KOHLRABI [60]

The kohlrabi or turnip-cabbage is a subordinate species of the cabbage family, *Brassica oleracea gongylodes*. It is not really a root vegetable, but the stem, which grows above the ground, swells into a bulb-like formation much like a turnip. This provides the edible portion, which serves as a substitute for turnips in early spring. Its far content is low and it is comparatively poor in protein and carbohydrates. But it contains a considerable amount of minerals, being richest in potassium and after that in calcium, magnesium, sodium and iron. It is an alkaline food, despite the presence of sulphur, chlorine and silicon. It contains traces of vitamin C.

Kohlrabi and Red Cabbage Salad

Finely slice some red cabbage and mix with an equal quantity of kohlrabi. Skin 1 or 2 tomatoes, pound to a pulp and add to the mixture. Dress with oil, lemon juice and a little chopped mint and serve in individual small bowls.

Kohlrabi au Gratin

Peel and cut the kohlrabis into small discs and cook till tender. Drain. Slightly brown some butter in a pan and then add the kohlrabi and sufficient wholemeal sauce to cover. Simmer for a few minutes, season to taste, add a little grated cheese and chafe till it becomes stringy. Put into gratin dishes, sprinkle with brown breadcrumbs and butter. Brown in a quick oven and serve.

LAMB'S LETTUCE

(See page 78, under *Corn Salad*)

LAND CRESS

(See page 65, under *American Cress*)

LEEK [75, 76]

The leek is the head of the bulbs family which include s onion, garlic and the other members of the onion tribe. It is a highly alkaline food, rich in both alkaline and acid-forming minerals. It contains vitamins B and C in fair amounts. The leaves are less nourishing than the bulb, but are richer in certain minerals. Leeks are diuretic and prevent flatulence; they tend to cure coughs and colds, as they loosen mucus. They increase appetite, by stimulating the action of the salivary and digestive glands. They are best eaten raw as a condiment in salads or with bread and butter or cheese, or they may be cooked, in which case they can be a principal dish. The leek is much milder than the onion and is therefore to be recommended for those unable to support the strong flavour of onions and garlic.

Steamed Leeks with Cream Dressing

Select young leeks, peel off the outside leaves, and trim away the roots. Cut in pieces 2 inches long. Steam till tender. Drain, arrange in a deep vegetable dish. Serve with either (a) fresh cream seasoned with a little sweet paprika or (b) a little olive oil or melted butter.

Cooked Leek and Lettuce Salad

Cut the leeks in pieces about 3 inches long. Steam till tender, drain and press dry. Place in a cold place to cool. Clean and shred the required amount of Cos lettuce. Arrange in a pyramid in the centre of a large salad plate. Cut the leeks in half, lengthwise. Arrange them endwise round the pyramid of lettuce (cut side out) forming a perfect border. Dress with lemon, oil and a little finely-chopped onion, and arrange a sprig of watercress at the base of each.

Leek Soup

Clean and cut 6 leeks in pieces, crosswise, about ½ inch thick. Braise them with an onion, a carrot, and a bunch of herbs. Strain and pour on the required amount of vegetable stock. Simmer for 1 hour. Boil up and thicken with mashed potatoes, seasoning with paprika and celery salt.

LETTUCE [65, 66]

Lettuce is perhaps the commonest of all green salads. It is a hardy annual plant of the genus *Lactuca sativa*. There are numerous varieties divided into two classes—the Cabbage Lettuce with rounding heads and broad, spreading leaves

and the Cos Lettuce with long, narrow, upright leaves, tapering down to a point. A very good variety of lettuce is the Romaine Lettuce which is the richest in nutritive value. Crisp, fresh heads of lettuce are very health-giving and refreshing. When in season, lettuce should be used every day in a salad. While the lettuce heart is the most delicious part, it is the darker outer leaves which are richest in mineral salts and vitamins. The coarser leaves should be chopped up or grated and not thrown away. The lettuce is also pronouncedly alkaline and consequently a very good food in all disorders of the metabolism. It aids in gout, goitre and tuberculosis and is a strong diuretic. It is rich in iron, potassium, calcium, sodium and magnesium. And it is alkaline despite a fair amount of phosphorus, silicon, chlorine and sulphur. It has little protein, carbohydrate or fat in its composition.

Lettuce is easily digested even by weak stomachs, provided it is well masticated. It should never be refrigerated or washed in hot water. Nor should it be left to soak in cold water, as this draws out the minerals. The same applies to most green leaf vegetables. The lettuce contains much cellulose which acts as bulk or roughage to secure peristalsis of the bowels. This advantage is entirely lost by cooking. As far as vitamins are concerned, the lettuce is rich in B, and has some of A and C.

Chopped Lettuce Salad

Finely chop the coarser leaves of a lettuce and some tomatoes. Mix well together in a bowl with finely-chopped celery or onion, and plenty of oil and some lemon juice.

Cos Lettuce Salad

Split a Cos lettuce in two and slightly open out to make a convenient shell. Cut some grapefruit in quarters and slice some pears or avocado pears. Arrange neatly on the halved lettuce leaves and serve with a dressing of oil and lemon and a little honey.

Lettuce and Orange Salad

In a bowl place a slice of wholemeal toast well rubbed with onion. Place over it some small lettuce leaves, sliced orange and chopped tomatoes. Dress with a little olive or peanut oil.

Cabbage Lettuce with Tomato Sauce

Clean the required number of heads of cabbage lettuce and cut in quarters. Spread the cut sides with plenty of fresh tomato sauce. Arrange them in a shallow saute pan. Moisten with a little vegetable stock and cover with oiled paper. Braise in a hot oven for 15 minutes Remove from dish and serve quickly on a hot plate.

Braised Lettuce

Take several heads of lettuce, pick off the outside leaves. Trim to a uniform size. Carefully pull the leaves apart without detaching them from the stem. Then stuff the cavity with diced celery, cream cheese and fresh brown breadcrumbs (mixed very well together). Wrap each head separately in a cheese-cloth. Arrange in a saute pan and moisten with a little wholemeal flour sauce. Cover and braise in a hot oven until they become heated through. Remove the cloths and cut in quarters. Serve hot.

Cream of Lettuce Soup

Take the coarse outside leaves and chop them up very fine Put into a saucepan with a lump of butter, a sprig of celery, a chopped onion, and a bouquet of sweet herbs. Braise for a few minutes and then moisten with strong vegetable stock. Simmer slowly for 2 hours. Slightly thicken with a paste of wholemeal flour and water. Remove from the fire, take out the bouquet and stalk of celery. Rub through a fine sieve. Return to fire in a clean saucepan and add one fourth its quantity of thick wholemeal flour sauce. Boil up and skim. Finish (if desired) with a mixture of egg yolk and sweet cream and season with a little honey and celery salt.

MACE

Mace is the network or aril surrounding the nutmeg (*q.v.*). When dried it provides a valuable spice in cookery. It gives a pleasant flavour in particular to milk and cream dishes.

MAD-APPLES

(See page 81, under *Egg Plant*)

MAIZE

(See page 118, under *Cereals and Starches*)

MERCURY

(See page 114, under *Wild Spinach*)

MINT

Mint is an aromatic herb of the genus *Mentha*. The commonest species are the peppermint, spearmint, garden mint and pennyroyal mint. For culinary purposes the spearmint is to be preferred. It has wrinkled spear-shaped leaves which distinguish it from the others. It is a strongly flavoured herb and should be used with discretion in salads. A sauce is made of it and a sprig may be cooked with green peas and other vegetables.

Mint Dressing

Mix some nut or olive oil with finely-chopped mint and a little lemon juice.

Mint Tea

Take 3 teaspoons of dried mint, a pint of water, a teaspoon of honey. Boil the water and pour over the mint. Cook for 10 minutes, then stir it and add the honey. Serve with a slice of lemon.

MUSTARD

The common mustard is a hardy garden plant of the genus *Brassica*. Black and white mustard are cultivated largely for their seeds from which a pungent powder is made (which goes to fill the mustard-pot). This is too strong a condiment to be wholesome. The young leaves, on the other hand, are eaten as a salad or may be cooked like spinach.

Mustard and Cress Salad

Gather young and tender leaves. Wash in water, drain and press dry in a towel. Clean a few bunches of cress, pick off the leaves, and put them in a salad bowl with the mustard. Pour on some olive oil and the juice of a lemon. Gently mix with a wooden fork. Serve.

NASTURTIUM

The nasturtium, *Nasturtium majus*, has a warm, pungent flavour like watercress. The shoots and young leaves are useful as a salad ingredient, while the blossoms can be used as an ornament.

Nasturtium and Potato Salad

Bake several small potatoes in their skins. Remove skins while hot and set potatoes aside to cool. Then slice finely. Gather some nasturtium

leaves and blossoms, trim and wash in water. Drain and press dry. Save some choice leaves and blossoms to garnish top of salad. Cut the remaining leaves into shreds, mix with the potatoes. Season with olive oil and a little lemon juice.

NETTLE

The nettle, belonging to the natural order *Urticaceæ*, is a useful vegetable, which costs nothing. Cook the tips of young nettles as if they were spinach, in their own juice. About eight ounces of nettles are required to provide a portion for one person when cooked.

Nettle Soup

Take 8 oz. young nettles, 1 pint milk, butter, wholemeal flour, paprika, celery salt. Steam the nettles and when tender chop the leaves as finely as possible. Add the milk, a small piece of butter and seasoning. Thicken with wholemeal flour and serve hot.

NEW ZEALAND SPINACH

New Zealand spinach, *Tetragonia expansa*, is no relation to ordinary spinach, though its uses are the same. It is less acid than spinach, but inferior in flavour.

NUTMEG

Nutmeg is the fruit or seed of the tree *Myristica fragrans*, cultivated chiefly in the Molucca Islands and also in other tropical regions. The seed is surrounded with an aril, the mace of commerce. The nutmeg kernel is used as a flavouring for soups, sweets and desserts, and an aromatic oil is extracted from those unsuitable for use as a spice.

OKRA [73]

Okra or Gumbo is a herbaceous annual plant, *Hibiscus esculentus*, cultivated in the East and West Indies, Africa, Turkey, and, more recently, in the southern United States. The green capsules or pods are full of nutritious mucilage which makes them a good ingredient for soups. Okra is also served as a vegetable. Though generally cooked, it can be eaten raw if chopped finely in a salad.

Boiled Okra

Cut off the stems of some young pods, wash, drain, and cook in boiling water. Serve in a vegetable dish with melted butter and a little lemon juice.

Okra and Endive Salad

Boil the okra as described above. Then place in cold water, drain, and press dry. Clean some endive and make a bed of it in a salad bowl. Cut the okra pods in half, lengthwise, and arrange them on the endive. Pour a dressing of olive oil and lemon flavoured with garlic over all. Sprinkle with chopped herbs and serve.

ONION [96]

The onion is a biennial plant of the lily tribe, *Allium Cepa*. It yields a bulbous root with a pungent flavour. It is formed of a number of closely compacted layers. The red varieties are the strongest in aroma, which is caused by the content of acrid volatile oil. Similar to the onion are the rocambole and scallion. It is a native of Egypt where it was highly appreciated. The young onion grown from seed makes an excellent relish in the spring. The onion should always be eaten raw as cooking destroys its virtues and disperses its aroma. Every salad should have some finely grated onion in it, together with a little lemon juice and salad oil. It is also very delicious with cheese, butter and avocado pears. Onion powder is a substitute for inorganic salt. The onion contains vitamins A, B and C in appreciable quantities and is also rich in certain minerals: potassium, calcium and iron, silicon and phosphorus. It also contains some iodine and sulphur. Onions are of various sizes, colours and shapes. The round deep onion is hotter than others. It is preferable to choose a mild Spanish or Bermuda onion. English and Dutch onions are usually stronger in flavour. It is a veritable food remedy, being used as a cure for colds, catarrh, loss of appetite, worms, constipation and other ailments. The onion is diuretic and also a good cleanser of the intestinal tract. Eaten in moderation it is a most wholesome and valuable food adjunct, but it should not be taken in excessive amount, as it will cause a revolution and produce discomfort.

Onion Dressing for Salads

Mix together olive oil, a little finely-chopped onion, and lemon juice to taste.

Sliced Onion with Wholemeal Bread and Butter

Select one medium-sized mild onion, slice thinly and eat with wholemeal bread spread with fresh unsalted butter.

Onion Bundles

Tie young green onions in bunches and cook like asparagus till tender. Serve with cream cheese and wholemeal toast fingers.

Fried Onion Rings

Peel and cut in slices about ¼ inch thick. Separate the rings, dip in milk and then wholemeal flour. Season to taste, fry in hot oil and drain on a piece of paper. Serve hot.

Onions au Gratin

Peel and steam several large onions in milk and water till half done. Drain on a sieve, cut in half crosswise, arrange (cut side up) in a greased gratin dish. Season and cover them with a spoonful of wholemeal flour sauce. Sprinkle with fresh brown breadcrumbs, grated cheese and a little oil. Brown in a hot oven and serve in the same dish.

Baked Onions

Clean and partly steam the onions. Arrange on an oiled baking tin. Cover with oiled paper and brown in a slow oven. Garnish with sprigs of parsley.

Onion Soup Bretonne

Clean and slice several onions. Put them in a pan with a little oil and a bouquet of herbs. Braise for 15 minutes. Add some dried beans (which have been soaked overnight), cover with vegetable stock and cook till the beans are thoroughly done. Remove the herbs, rub through a fine sieve and season to taste. Serve with wholemeal croutons.

Potato and Onion Soup

Take 1 lb. young potatoes, 3 onions, 1 qt. vegetable stock, 1½ oz. butter, a little thyme. Chop up the onions and braise in the butter. Clean the potatoes and grate unpeeled. Add the stock, potato, and chopped thyme to the onions. Cook for 10 minutes. Strain and garnish with a little grated Parmesan cheese, if desired.

OXALIS

(See page 103, under *Sorrel*)

OYSTER PLANT

(See page 101, under *Salsify*)

PARSLEY [99]

Parsley is not only one of the best flavouring herbs, but is also a valuable food for health, as it contains copper, without which the organism cannot make use of its intake of iron. It is a biennial umbelliferous plant of the natural order *Carum Petroselinum*. While it is chiefly cultivated for its leaves which are chopped up fine and used in salads, soups, sauces, cooked vegetable dishes, etc., there is a species extensively cultivated in Germany for the spindle shaped root which resembles the parsnip. It should be used as a garnish for every kind of food. Not much need be taken at a time, as the taste is strong and the leaves are somewhat fibrous. It is rich in vitamin B and contains some of A and C as well. Its ethereal oil content makes it diuretic in action. Parsley is recommended as a digestive and for cases of liver and bile disorders. The juice can be extracted and used medicinally.

Faggot of Parsley

Tie in a bunch or bouquet several springs of parsley, a sprig of thyme, a sprig of celery, 2 bay leaves and a piece of carrot. Draw the string tight enough to hold the bunch intact, so it can be removed easily from the soup or sauce.

Chopped Parsley

Take young parsley, wash in cold water to which has been added a little lemon juice. Drain, press dry and with a very sharp knife chop very fine.

Fried Parsley

Take young parsley, pick off the small branches. Fry in medium hot oil. Drain on a piece of paper and use as needed.

Parsley Dressing

Mix olive oil with finely-chopped parsley and lemon juice.

PARSNIP [55]

The parsnip is a biennial umbelliferous plant, *Peucedanum sativum*. It is cultivated in all temperate countries for its

edible root. Despite its relatively high protein and carbohydrate content, it is one of the most highly valued roots, being very similar to the carrot. It is very rich in potassium, calcium and magnesium, and contains some sodium and iron. Though it has rather a large amount of acid-forming elements, it is nevertheless an alkaline food. It is rich in vitamins B and (to a less extent) A. It may be eaten raw like a carrot. It is diuretic and good in case of gout, stone complaints and tuberculosis. It used to be highly rated by medical science, but the therapeutic use of plants is no longer fashionable in official medicine. The leaves, like those of the carrot, are also edible and have a very delicious flavour.

Parsnip and Cabbage Salad

Grate some parsnip and mix with an equal quantity of shredded cabbage. Dress well with oil and lemon juice and serve in individual bowls. (Garnish with walnuts if desired.)

Parsnip and Raisin Salad

Grate some parsnip and mix in a few raisins, a squeeze of orange juice and a little oil. Arrange in a pyramid in the centre of a salad bowl. Surround with a ring of thinly-sliced tomatoes and garnish with bunches of mustard and cress.

Fried Parsnips

Scrape and wash the parsnips, cut in pieces 2 or 3 inches long, then in slices about $\frac{1}{2}$ inch thick. Steam till well done. Strain off the water and season with lemon juice. Dip each piece in a little milk, roll in wholemeal flour and fry in deep oil until a golden brown. Serve hot.

Mashed Parsnips

Scrape and wash the parsnips and cut in pieces about 3 inches long. Steam (add a little lemon juice to the water) till well done. Strain off the water and leave the parsnips in the saucepan on back part of the fire, to evaporate some of the excess moisture. Add a little oil, season to taste. Mash to a pulp and serve.

Parsnips Saute

Scrape the parsnips, trim off the tops and cut in pieces 3 inches long and then slice them. Steam till tender. Drain and season with a little lemon juice and celery salt. Saute in oil for a few minutes without browning. Serve in a deep vegetable dish.

PEPPER CRESS

(See page 113, under *Watercress*)

PERPETUAL SPINACH

(See page 67, under *Beetroot*)

PE-TSAI

The pe-tsai, *Brassica pekinensis*, has tender leaves which may be eaten raw like those of a lettuce. It is also good cooked as a cabbage. The leaves are wrinkled.

POKEWEED

Pokeweed or pokeberry, *Phytolacca edulis*, a native of North America, has long been known in England. The young shoots are boiled for about twelve minutes, then the water is thrown away, and they are boiled in fresh water till tender. The roots are poisonous, but the shoots can be used in place of asparagus.

PUMPKIN [182]

The pumpkin is a gourd-like fruit of a number of plants of the genus *Cucurbita Bepo*. The fruit of the common sort is an orange-yellow when ripe. It grows on a coarse and hollow vine, growing from twelve to twenty-five feet long. It is less popular than the squash or vegetable marrow, though in the United States an excellent pie is made with its pulp. It may be eaten raw when grated (though it has not much flavour) or cooked. It is very tasty when baked. Its fat and protein content is low, but it contains a fairly large amount of sugar and other carbohydrates and free cellulose. It is comparatively rich in sodium, potassium, calcium, magnesium and iron, and is alkaline in character in spite of a high phosphorus and fairly high silicon content. It contains vitamins B and C, though the latter is readily lost by even a small degree of cooking. The pumpkin is both laxative and diuretic, particularly when raw. The seeds with the husk on have a pleasant flavour reminiscent of almonds. If pumpkins are pickled the seeds should be retained.

Baked Pumpkin

Cut the pumpkin in pieces about 4 inches square. Remove the stringy pulp, lay on a greased baking tin and bake in a slow oven till soft. With a spoon remove the flesh and serve whole or rubbed through a sieve.

Pumpkin Purée

Choose a medium size, ripe sugar pumpkin. Cut in half, take out the seeds, then cut in pieces, pare off the skin and remove the stringy pulp. Put in a saucepan, cover with hot water and cook slowly until water has evaporated and the flesh assumes a light brown colour. Stir occasionally to prevent burning at the bottom of the pan. Remove from the fire and rub through a sieve. Serve with a little melted butter.

RADISH [53, 54]

The radish belongs to the genus *Raphanus sativus*. It is cultivated for the fleshy edible root which has a pungent taste. There are black and white radishes, red radishes, turnip radishes and many other varieties. They should be eaten when young and crisp. The leaves can be cooked as a vegetable. Radishes are rich in vitamins and also contain a fair quantity of various minerals. Their protein and carbohydrate content is low. They contain a hormone similar to the secretion which stimulates the function of the stomach and intestines; they are consequently very good appetisers. The stimulus which they give to digestion makes them suitable for most stomach and intestinal complaints and they also act upon the kidneys and liver. They are strongly diuretic. Their mustard oil loosens catarrh and is valuable in tubercular affections.

Radish and Cream Cheese Salad

On a large crisp lettuce leaf place a layer of mustard and cress and some quartered young radishes. Arrange the leaves round a flat dish and serve with fresh cream cheese.

Radish and Cauliflower Cream Salad

Chop up small some radishes. Grate a little cauliflower head and mix with some thick sour cream. Add the radish, mix well together and serve on a bed of young lettuce leaves.

Stewed Radishes

Take 1 lb. radishes, 4 oz. olive oil, 1 cup sweet cream. Scrape and slice the radishes, cook slowly in oil till tender. Season with paprika and celery salt immediately before serving. Sprinkle with finely-chopped mint and add the cream.

RED CABBAGE

(See page 69, under *Cabbage*)

ROCAMBOLE

The rocambole or sand leek, *Allium scorodoprasum*, is a distinct species of onion. It resembles garlic in flavour, but is less strong.

RUTABAGA [88]

The rutabaga or Swedish turnip is allied to the common turnip. It is more nutritive, but less delicate than the latter. Whilst mostly cultivated for feeding cattle, it is also very good for human consumption and is a most delicious vegetable.

SALSIFY [85, 86]

Salsify or salsafy is a hardy biennial plant of the genus *Tragopogon porrifolius*, cultivated principally for the long spindle-shaped root, which resembles the oyster in flavour. It is commonly known as vegetable oyster or oyster plant. It is wholesome and has a delicious flavour when well prepared. Similar to salsify is Black Salsify, which grows somewhat larger and has a coarse grey-black skin. But the flesh is tender and white. Salsify is in season from September till May.

It is grown in Southern England, in the Mediterranean regions and widely in the United States and Canada.

Boiled Salsify

Scrape the roots well, place in water with a little lemon juice in it to prevent discoloration. Cut in pieces about 2 inches long and split lengthwise. Boil in water till tender. Drain on a colander. Put a little butter in a pan; when melted put in the salsify and simmer for a few moments. Serve in a deep dish.

Salsify Salad

Boil the roots as indicated above. Allow to cool, drain off the water and dry. Cut in thin slices and season with paprika and celery salt. Dress with lemon juice and olive oil. Serve on lettuce leaves garnished with finely-chopped parsley and sliced boiled or grated raw beet.

Cream of Salsify Soup

Clean and cut the salsify in slices about ¼ inch thick. Simmer till tender in vegetable stock. Then add the same amount of thick wholemeal sauce. Mix thoroughly and allow to come slowly to a boil. Rub through a fine sieve and finish with a little sweet cream.

SAND LEEK

(See page 101, under *Rocambole*)

SAUERKRAUT

(See page 69, under *Cabbage*)

SAVOY

(See page 69, under *Cabbage*)

SCOLYMUS

(See page 85, under *Golden Thistle*)

SCORZONERA

Scorzonera or Viper's grass, *Scorzonera hispanica*, resembles salsify. It is a very good root vegetable and excellent when boiled.

SEAKALE

Seakale, *Crambe maritima*, is not as well known in England as it should be. The raw stalks are excellent in salads, while they can also be steamed. The young shoots can be cooked as greens.

Seakale Salad

Dice some seakale stalks, grate a little kohlrabi, chop a little white-heart cabbage leaf and grate a small apple. Mix the vegetables well together and dress with oil and lemon juice. Serve in the inner leaves of the cabbage.

Steamed Seakale

Steam the seakale in a bowl for 40 minutes. Drain when tender and serve with a wholemeal flour sauce.

SEAKALE BEET

(See page 67, under *Beetroot*)

SEAKALE CABBAGE

Seakale cabbage or Couve tronchuda, *Brassica oleracea costata*, is a large variety of cabbage. The midribs of the outer leaves are cooked like seakale, while the leaves, too, are good.

SHALLOT

The shallot is a kind of onion, *Allium Ascalonicum*. It is the mildest form of onion and is valued everywhere as a seasoning for salads, soups, vegetables, etc. The bulbs form in the axils of the upright stems like garlic. In composition it is similar to the leek and onion.

SILVER BEET

(See page 67, under *Beetroot*)

SKIRRET

The skirret, *Sium sisarum*, is a root vegetable, which was formerly used quite widely. The roots resemble bunches of small carrots in form and have an agreeable taste. They may be eaten raw (grated) or steamed like carrots without peeling.

SORREL [62]

Sorrel or oxalis, a perennial plant of the genus *Rumex*, is a native of Southern Europe and is cultivated in France and other parts of Europe. It is a vegetable rich in oxalic acid which in organic form is not harmful. It is also rich in the alkaline minerals: potassium, magnesium and calcium. Its content of iron is greater even than that of spinach, which it much resembles in general. It contains some sodium. The custom of eating it with a lot of cream is not good; it should as far as possible be taken raw and fresh.

Sorrel Leaf Salad

Pick the young sorrel leaves, wash, drain and dry. Put in a salad bowl and season with lemon juice and a little honey and fresh cream.

Steamed Sorrel

Pick the sorrel leaves from the stem and steam for 30 minutes. Drain off the liquid. Put a lump of butter in a saute pan, throw in the sorrel and season as required. Toss it for a few moments over the fire. Serve with a little oil or melted butter.

Purée of Sorrel

Trim off the roots of the required amount of sorrel. Steam till done, drain off the liquid and chop very fine. Put the mass in a saucepan and add a little wholemeal flour sauce. Season with a little oil, paprika and finely-chopped onion. Simmer till thoroughly heated. Serve with fingers of fried wholemeal bread.

SPANISH OYSTER PLANT

(See page 85, under *Golden Thistle*)

SPARROW-GRASS

(See page 65, under *Asparagus*)

SPINACH [81]

Spinach is a common annual garden plant, *Spinacia oleracea*, of the Goosefoot family. The plant yields thick, succulent leaves of a dark green colour. The leaves of young spinach can be eaten raw in a salad. The outside leaves required to be cooked. It is popularly reputed to be rich in iron. It is the fourth highest, being surpassed by sorrel, lettuce and kale. It is also rich in potassium, magnesium and calcium and is one of the best of vegetables. Though it contains considerable amounts of phosphorus, chlorine and silicon, it is an alkaline-forming food. It is the richest vegetable of all in vitamins, exceeding even watercress in its content of vitamin B. It is also well supplied with vitamins A, C and E. Spinach acts favourably upon the glands and is valuable in anæmia. If it has to be cooked, it should be steamed in its own juice for three or four minutes. Longer cooking destroys its vitamins and disorganises its organic salts, making it comparatively worthless as a food. Canned and dried spinach are almost entirely devitalised.

Raw Spinach Salad

Choose some very young spinach leaves and chop up fine. Mix in a little fresh cream and honey and a squeeze of orange juice. Arrange in small piles on crisp young lettuce leaves and serve.

Mixed Spinach Salad

Finely chop some young spinach and dress with a little cream and honey. Grate a little carrot and dress with olive oil and lemon. Chop up small 1 or 2 tomatoes and dress with oil and a little minced onion. Arrange the vegetables alternately in little piles on a large flat dish and place a spoonful of ground nuts in the centre.

Spinach à la Crème

Steam the required amount of spinach. Drain and dry, and chop very fine on a board. Brown a little butter in a pan and add the spinach. When well heated, slowly mix in a little rich cream. Season with celery salt and grated nutmeg. Serve on a hot dish—with poached eggs if desired.

Spinach with Onion Sauce

Put a ladleful of onion sauce and a lump of butter in a saute pan and chafe over the fire till hot, then add the spinach previously cut up, and simmer for 20 minutes, adding more sauce if necessary. Season to taste. Dish on a hot plate, form into omelette shape and garnish with brown bread croutons.

Spinach with Mashed Potato

Mix 2-3 degerminated egg yolks with some mashed potato. Steam the spinach and press through a sieve. Put the potato and spinach in alternate layers in a small greased dish, smooth the surface with a spoon. Sprinkle oil or melted butter over the top and bake in oven. Turn out and serve.

Spinach Soup

Steam the spinach in the usual way. Drain and chop fine. Put a little oil in a saute pan, throw in the spinach and heat well. Place in a fresh saucepan with the required amount of strong vegetable stock. Boil up and put back to simmer for 1 hour. Strain and serve with brown bread croutons.

SPINACH BEET

(See page 67, under *Beetroot*)

SQUASH

(See page 112, under *Vegetable Marrow*)

STACHYS

(See page 77, under *Chinese Artichoke*)

STRAWBERRY TOMATO

The strawberry tomato or alkekengi is an herbaceous plant of the nightshade family, *Physalis alkekengi*, which grows in southern North America. The red or yellow fruit has an acid taste between a strawberry and a tomato.

SUGAR BEET

(See page 67, under *Beetroot*)

SWEDISH TURNIP

(See page 101, under *Rutabaga*)

SWISS CHARD

(See page 67, under *Beetroot*)

TARRAGON

Tarragon is a perennial complex aromatic plant of the genus *Artemisia Dracunculus*. It is widely cultivated in France where the leaves are used as a flavouring for salads and sauces. It is a delicious herb and should be better known in England.

Tarragon Butter

Pick off the leaves from a few sprigs of tarragon, wash and dry. Then chop them up fine and pound in a mortar. Add the butter. Mix together well and add the juice of a lemon. Add a little sweet paprika and rub through a fine sieve. Serve with salad

THYME

Thyme is a plant of the genus *Thymus* of which there are innumerable species. The two varieties used in cookery are the common garden and the lemon-scented. Thyme is a shrub-like plant, of which the aromatic leaves are used both green and dried for seasoning soups, farces and salads. It has a very pungent flavour and should be used with discretion.

Thyme Tea

Take 3 or 4 sprigs of thyme, 2 cups of water, a teaspoon of honey. Put the thyme in a saucepan with the water and cook for 10 minutes. Strain and add the honey. Serve.

TOMATO [49]

Tomatoes, like cucumbers, are fruit rather than vegetable. They belong to the nightshade family, *Lycopersicum esculentum*. They are extensively cultivated not only in temperate, but also in sub-tropical and tropical climates, though they fare much better in the former. The tomato is the richest in its potassium content of all edible plants. It is also well supplied with sodium, chlorine, magnesium, calcium, phosphorus, sulphur, silicon and iron. It contains vitamins A, B and C. The nutritive and therapeutic value of the tomato naturally depends on the variety and on the manner of its production. Tomatoes grown in a hothouse are inferior to those grown outdoors, and those which have been sprayed or artificially manured should be avoided. If the skin is tough it should be removed before eating. The same applies to cucumbers. Therapeutically, tomatoes help to keep the blood and teeth in a healthy condition, prevent scurvy and Barlow's disease and ward off affections of the heart. They are good nerve tonics and act favourably on the appetite and digestion. The tomato aids lactation and is a suitable food for growing babies. Children need them as much as they need oranges or grapefruit. It is only recently that the food value of the tomato has been recognised. Canned or cooked tomatoes are practically valueless, despite assertions to the contrary by interested persons. It and the cucumber are the basic vegetables for salads. Being close to fruits in their composition, these two vegetables rightly head the list of vegetables, being the most valuable alike from a nutritive and a therapeutic point of view.

Tomato and Cucumber Salad

Cut the tomatoes and cucumber into thin slices and chop a little onion and parsley over them. Make a dressing of nut or olive oil with a squeeze of lemon juice. Pour this over the tomato and cucumber. Sprinkle more chopped onion and cucumber on the top and serve in a salad bowl.

Tomato and Cabbage Salad

Finely shred some cabbage and chop up some tomatoes and add a little onion. Mix well together with a dressing of oil and lemon juice. Serve in a bowl and decorate with slices of tomatoes.

Stuffed Tomato Salad

Select some nice red tomatoes and scoop out a hole (about 1 inch in diameter) in the centre of the stem end of each. Scald and peel and leave in a very cold place till firm. Fill the cavity with very finely-chopped celery beaten together with cottage cheese or sour cream. Garnish with a walnut and serve on curly lettuce leaves.

Stewed Tomatoes à l'Espagnol

Mince a medium sized onion and fry slowly for 10 minutes in oil. Scald and peel a dozen tomatoes, cut in quarters and add to the onion. Simmer slowly for an hour. Season with butter and paprika (celery salt if required). Serve in a deep dish, surrounded with brown bread croutons.

Baked Tomatoes

Scald, peel and remove the core of several tomatoes of uniform size. Arrange on a baking pan and brush over with oil and a little wholemeal flour. Bake in a slow oven for 30 minutes. Take out and serve on slices of brown toast.

Tomatoes au Gratin

Scald and peel some ripe tomatoes. Cut in half and simmer slowly for 30 minutes. Season as required. Pour in a colander and drain off the juice. Return juice to fire in a clean saucepan. Reduce until it becomes a thick syrup. Then add a handful of grated cheese, a few brown breadcrumbs and the tomatoes already cooked. Shake until well mixed, then fill a gratin dish. Sprinkle the top with fresh brown breadcrumbs and grated cheese. Bake in a hot oven till nicely brown.

Stuffed Cooked Tomatoes

Cut the tops off several large tomatoes of equal size. Scoop out the centres, leaving enough flesh to form a perfect shell. Mince and saute an onion a golden brown, add the tomato pulp and simmer slowly for 20 minutes. Season with butter (or oil) and a little celery salt and grated nutmeg. Add enough brown breadcrumbs to absorb the juice, sprinkle with chopped parsley. Mix well and stuff the shells. Arrange on a greased baking tin and bake for 20 minutes in a slow oven. Serve.

Tomato Soup with Cream

Scald and peel the tomatoes and cut them in quarters. Cut a carrot, onion, leek and a few parsley roots in small pieces. Put them in a saucepan with a little oil and braise slowly till the vegetables become a light brown Put in the tomatoes and stir occasionally until they boil. Put back to simmer for 2 hours. Thicken with a paste of wholemeal flour and water, and then strain through a fine sieve. Return to saucepan, add one fourth the quantity of vegetable stock and season with a little paprika, lemon juice and honey. Serve with cream and brown bread croutons.

Tomato Sauce

Cut up very fine a small onion. Fry in a mixture of "Nutter" and butter with a bay leaf till a golden brown. Add 1½ dessertspoons of wholemeal flour and some cut up ripe tomatoes. Boil for 10 minutes, stirring well to get rid of any lumps. Press through a fine sieve. Put back in the saucepan with a pinch of brown sugar. Boil up and serve hot.

TURNIP [51, 52]

The turnip is the thick fleshy edible root of a common garden or field plant, *Brassica Rapa*. The root is round and usually broader than it is thick; it is white in colour. It is extensively grown in every country having a suitable climate. It is a wholesome vegetable that can be eaten raw as well as cooked. Cooking, in fact, destroys much of its value as a food, leaving little but a mass of inanimate starch. It is low in its fat content, but relatively high in that of protein and carbohydrates. Besides containing some iron, it is rich in potassium, calcium, sodium and magnesium. It also has some silicon, phosphorus, sulphur and chlorine. It has in it vitamins A, B and C.

Not only can the root be eaten, but the green tops, which are extremely rich in vitamins A, B and C. The leaves may be eaten raw; they need to be chopped up fine. The tops are also rich in minerals, though their content is somewhat different from that of the root.

Turnip and Watercress Salad

Wash the watercress well and chop finely. Mix together with some grated turnip and a little chopped onion. Sprinkle with a little grated cheese and serve with a dressing of lemon juice and oil.

Mixed Salad with Turnip

Place some lettuce leaves on a flat dish. Arrange in four separate piles the following: (1) grated turnip; (2) finely-chopped spinach; (3) sliced tomatoes; and (4) grated carrot. Place a sprig of watercress in the centre and sprinkle with ground nuts.

Mashed Turnips

Peel and cut the turnips in slices ½ inch thick. Blanch and steam till soft. Drain and mash through a sieve. Season with a little oil and honey. Serve immediately.

Turnip Soup

Peel several young turnips, cut in slices and steam till done. Drain off the liquid. Return to the fire in a saute pan, add some dry brown breadcrumbs, and a ladleful of sweet cream. Season with herbs to taste. When the mixture becomes hot, rub through a fine sieve. Return to the saucepan, add the required amount of vegetable stock, bring to boil and put back to simmer for 2 hours. Make a paste of wholemeal flour and water and add to the soup to thicken, stirring well to avoid lumps. Serve.

TURNIP-CABBAGE

(See page 89, under *Kohlrabi*)

TURNIP-ROOTED CELERY

(See page 74, under *Celeriac*)

VANILLA

The vanilla of commerce used as a spice is derived from the vanilla bean, a member of the orchid family, native to Mexico and Central America. Much vanilla essence sold is synthetic.

VEGETABLE

Under this heading are grouped a number of general recipes which do not conveniently fit under any one item of food.

Fresh Vegetable Stock

Peel a few onions and cut them into small pieces. Take the outer leaves of cabbage, lettuce or any green vegetable, wash well and clean, and then shred into small pieces. Add a few mixed herbs or fresh mint, well cover with water and bring to the boil. Simmer till the flavour is extracted. Anything else desired may be added to the above, which forms a good foundation. In warm weather, strain off the liquid and bring the stock to the boil each day, so that it will not go sour. Protect with a muslin or wire cover, not with a closed lid.

Vegetable Stock Substitute

Scrape a few small carrots and stalks of celery, cut in small pieces and fry in hot oil. Add to the water prepared for the soup. Prepare a thickening of wholemeal flour in the oil in which the carrots were cooked and add to it.

Mixed Vegetable Soup

Take 1 pint vegetable stock or water, 1 large potato, 1 large carrot or other root vegetable, 1 large onion, 1 teaspoon herbs or minced parsley, 1 tablespoon oats, wholemeal flour, 2 tablespoons oil, butter or "Nutter." Bring stock or water to a boil. Grate vegetables, mix in herbs and add to stock. Add oil or fat. When boiling add the oats slowly. Make a paste of flour and water, and add slowly to thicken. Allow to boil for 5 minutes and then serve.

Mixed Vegetable Pie

Take 2 lbs. potatoes, 1 lb. tomatoes, 6 small onions, a cup of wholemeal flour sauce, 2 tablespoons grated cheese, a little oil. Chop the onions and fry in the oil. Slice the other vegetables. Arrange in layers with the onion in a greased dish, cover with the sauce, sprinkle with the cheese and bake for 40 minutes.

Baked Vegetable Loaf

Take 1 cup cooked broad beans, ¾ pint milk, 1 cup cooked chopped celery, 1 cup cooked chopped carrots, 2 egg yolks, 8 oz. brown breadcrumbs, a little paprika and celery salt. Chop up the vegetables and mix with the paprika. Add the egg yolks, milk and brown breadcrumbs. Mix, put in a greased baking dish and bake till well browned. Before baking, sprinkle the top with breadcrumbs and dabs of butter.

Whole Barley and Vegetable Pie

Take 8 oz. whole barley and soak for 2-3 hours in cold water. Then put into a pan and simmer for 1 hour. Braise a little onion in oil and add to the barley with ¾ lb. sliced tomatoes, 1 large onion chopped up small, 2 dessertspoons chopped parsley, paprika and a little lemon juice. Grease a pie dish, pour in the mixture and bake for 40 minutes in the oven. Take out, sprinkle with grated Parmesan cheese and return to the oven for 20 minutes or till nearly browned.

Cooked Vegetables with Maize Balls

Steam some mixed vegetables. Drain off a little of the vegetable water and mix with some maize meal. Make the meal into small firm balls and place in the saucepan with the partially cooked vegetables. Continue cooking till the vegetables are tender. Drain off the liquid and add a little oil before serving.

Unfired Vegetable Pudding

Chop up finely some radishes, carrots and potatoes. Mix together with a tablespoon of moistened oatflakes and an equal amount of ground peanuts, 1 dessertspoon of onion juice and 1 teaspoon of honey. Press into a shape, leave to stand and then turn out.

Wholewheat and Vegetable Pie

Stew 1 lb. of whole wheat (crushed) in water till it becomes swollen. Chop up 1 onion and 2 sticks of celery and grate a parsnip. Braise the vegetables slowly in a little oil and add to the wheat with a little paprika and celery salt and one small cup of rich cream. Grease a pie dish, pour in the mixture, sprinkle with oil and bake in the oven for 30-40 minutes.

VEGETABLE MARROW

The squash or vegetable marrow is a fruit of a plant of the gourd family, *Cucurbito pepo ovifera*. The numerous species are divided into two classes, the winter and the summer. The winter varieties keep well, while the summer varieties must be eaten at once and are good even before reaching full maturity. The different varieties have varying mineral and vitamin contents. In general, the marrow is rich in vitamin A and has a large amount of mineral elements, particularly potassium. When baked, the marrow makes a very tasty dish. It can also be eaten raw in a salad, if finely grated.

Baked Vegetable Marrow

Cut a marrow in pieces about 3 inches square, leaving the skin on. Arrange the pieces on a greased baking tin. Season with paprika and celery salt. Put a piece of butter on each slice and bake in a slow oven till soft.

Vegetable Marrow Cheese

Take a small marrow, 3 oz. grated cheese, 1 onion, ½ pint brown sauce, 2 tablespoons brown breadcrumbs, 1 oz. butter. Cook the marrow in water. Line a pie dish with half of it. Chop the onion finely and add it with 2 oz. of the cheese. Place the rest of the marrow on top and pour the brown sauce over all. Finish off with the remaining 1 oz. of cheese and breadcrumbs on top. Dot with butter and bake for 15 minutes.

VEGETABLE OYSTER

(See page 101, under *Salsify*)

VIOLET

The leaves and flowers of the violet, *Viola odorata*, make a pleasant tea, which is a remedy for coughs.

Violet Tea

Take 1 dessertspoon of dried voilet flowers to a pint of water. Boil the water and pour over the flowers. When cool, add a piece of lemon rind and a little honey. Serve cold.

VIPER'S GRASS

(See page 102, under *Scorzonera*)

WATERCRESS [82]

Watercress is a perennial salad plant of the species *Nasturtium officinale*, which grows wild in shallow running water. The leaves have a pleasant and slightly pungent taste. Similar, but superior to watercress, is Garden or Pepper Cress which is largely cultivated in Germany. It has large, tender and delicately flavoured leaves. Watercress has a low fat, carbohydrate and protein content, but is rich in calcium, potassium, sodium and magnesium. It also has some iron. Despite a fairly large percentage of acid-forming minerals, it is an alkaline food. Taken in excess, it upsets the functioning of the bladder and gives rise to painful micturition. It should always be eaten raw, in order to take full advantage of its high vitamin content (A and C and a little B and E).

Watercress and Parsnip Salad

Take a large cup of watercress and a parsnip, a cup of grated cheese, and a sprig of parsley. Wash the watercress well, chop finely. Grate the parsnip and mix well together with a little chopped onion. Sprinkle over the cheese and decorate with parsley. A little oil and lemon juice can be added if desired.

Watercress and Walnut Salad

Blanch some shelled walnuts, rub off the skins and place them in a salad bowl, seasoning with a little paprika if desired. Squeeze on the juice of a lemon, cover with greaseproof paper and set in a very cool place for 2-3 hours. Slice some cucumber and lay the slices on a bed of watercress. Dish a spoonful of walnuts on each few slices and serve—with a little sour cream if available.

Watercress Soup

Take 8 oz. watercress, 1 qt. vegetable stock, 3 oz. grated potato, 1 tablespoon ground nuts. Chop up the cress and boil with the potato in stock for 15 minutes. Rub through a sieve. Heat again, season with celery salt and serve with brown bread croutons. Sprinkle the ground nuts over the top before serving.

WELSH ONION

The Welsh onion, *Allium fistulosum*, is cultivated for its young growths, which are used in salads. There is no bulb.

WILD SPINACH

Wild spinach, also known as Mercury, Goosefoot and Good King Henry, *Chenopodium bonus henricus*, is a substitute for true spinach. Its leaves contain less acidity. The young shoots can be used in place of asparagus.

WINTER CRESS

Winter cress or hedge mustard, *Barbarea vulgaris*, used to be eaten by peasants when other green vegetables were scarce. However, it has rather a bitter taste. Alternative names are Yellow Rocket Herb and Herb St. Barbara.

Chapter 4

CEREALS AND STARCHES

BANANA [101]

The banana is a typically starchy food and for this reason is included with the cereals to which it approximates in food value. The riper it is, the richer it is in sugar, as opposed to starch which predominates in the unmatured fruit. There are many different kinds of banana of varying size and shape. The most tasteful is the Samoan variety, which, however, is seldom exported from the Samoan Islands, except to New Zealand. The bananas imported into Great Britain and America come from Jamaica or some other country of the Caribbean. They are nearly always picked too green and do not ripen properly, despite the use of various practices designed to mature them, In this unripe state bananas tend to be constipating. A superior banana is the small Canary fruit, which is much more flavoursome and sweet. When naturally ripened on the stalk, the banana is rich in vitamins and minerals and is a wholesome food of great nutritive value. The specimens met with in England make a pleasant variation in the diet, but are not of good enough quality to become a staple food replacing cereals.

The *plantain* is a coarser and less evolved fruit than the banana. It needs to be cooked (preferably by baking), unless it is extremely ripe. Generally it is larger in size than the banana.

Banana in Orange Skin

Mix two tablespoons of mashed banana, two of rice flakes, a dessertspoon of lemon juice and a tablespoon of cream. Serve in half an orange skin.

Banana Candlesticks

Peel a medium slice of pineapple and remove the hard piece in the centre. Choose a firm straight banana and cut into two equal lengths. Brush the lemon or pineapple juice to prevent discoloration. Insert the banana, cut end downwards, in the middle of the pineapple slice.

Form a handle of a strip of red pepper (or orange peel) and cut another short strip and insert in the top of the banana to make the flame. Arrange on separate small glass dishes and serve with whipped cream if desired.

Banana and Dried Apricot Cup

Soak some dried (unsulphured) apricots in water overnight. Beat to the consistency of a thick cream an equal quantity of ripe bananas and milk. Add to the apricots, using their juice to prevent discoloration. Serve in separate glasses and sprinkle with dessicated coconut, decorating with whipped cream if desired.

Baked Bananas (or Plantains) in Breadcrumbs

Grease a baking dish or a number of individual Pyrex dishes. Choose some large firm bananas (not too ripe) and line the bottom of the dish with a layer of the fruit cut into thickish rings. Over these sprinkle some dried brown breadcrumbs, a few raisins and a little grated orange peel. Add another two layers of bananas, breadcrumbs, etc., and finish up with a final layer of bananas. Sprinkle a thick covering of breadcrumbs on top and some orange peel and spread a thick layer of cream or grated cheese over this. Finally cut up some nuts and sprinkle over the surface. Before adding the cream, pour the juice of an orange over the fruit. Bake in a hot oven (if the top gets too brown, cover the dish with a piece of greased paper) till the fruit is nicely soft. Serve at once.

Banana and Cabbage Rolls

Cut one or two large bananas in half, crosswise. Wrap each half tightly round with a young cabbage leaf of suitable size and tie firmly with cotton. Place in an oven dish with a little oil (brushed over the rolls) and bake till lightly browned. Serve with a few raisins and grated cheese if desired.

BARLEY [127]

The cultivated varieties of barley are divided into three species or races: six-rowed, four-rowed and two-rowed barley. Its botanical name is *Hordeum*.

Barley flour contains little or no gluten to which are due the bread-making qualities of wheat flour. However, it is an important article of diet in many countries and is one of the most widely distributed cereals. It is extremely hardy and adaptable. The term "pot barley" is applied to grain from which the husk has been removed by coarse grinding. This is a wholesome food. Inferior in quality is the "pearl barley" obtained by continuing the grinding until the husk has been completely removed.

Barley Roast

Take 8 oz. pot barley, 3 eggs, 1 onion, 2 oz. butter, 1 teaspoon sage, celery salt, paprika. Chop the onion and fry in the butter. Add the barley with 1¼ pints vegetable stock or water. Cook till the barley is soft, then add the sage and other seasoning. Beat the eggs and add them last. Stir over fire till almost set, then place in grease-proof paper, roll up and bake in moderate oven for 50 minutes.

Barley Coffee

Carbonise a pound of barley. Make coffee in the usual way with the carbonised grain. Serve with honey to sweeten.

BREADFRUIT [104]

The breadfruit is a starchy fruit native to the tropical islands of the Pacific and introduced thence into the West Indies and Central America. When thoroughly ripe it can be eaten raw, but it is generally cooked by baking on hot stones. It is the natural bread of the South Sea Islander. The fruit is rich in minerals and vitamins. Compared to the banana it contains more protein and less carbohydrates.

BUCKWHEAT [126]

Buckwheat is not strictly a cereal, but an herbaceous plant. The edible part is the fruit of *Fagopyrum esculentum*, a native of Asia, but cultivated in Europe and North America. In the northern countries of Europe and in the U.S.A. and Canada, the seeds are employed as human food, mostly in the form of thin cakes which have an agreeable taste. It may also be prepared simply by steeping the seeds for some hours in warm water. The buckwheat cakes sold in America are made of very refined buckwheat flour and are of no real nutritive value. Moreover, the syrup served with them is generally a very refined product derived from maize by chemical processes.

In England it is chiefly grown as a food for pheasants, poultry and other farm stock. Buchwheat honey is very delicious. An immense quantity is collected in Russia.

Soaked Buckwheat

Soak some clean buckwheat for one or two hours in hot water. After soaking, drain off the water and serve with salad or fruit.

CASSAVA [130, 133]

Cassava is the name given to the farinaceous root of two species of Euphorbiaceous plants, the bitter cassava, *Manihot utilissima*, and the sweet cassava, *Manihot Aipi*, both important sources of food starches. The plants are probably native to South America. The sweet cassava can be eaten as a table vegetable, but the bitter cassava, which is the more important commercially, contains highly poisonous hydrocyanic acid, which has to be dissipated by heating. From the bitter cassava the starch is separated and used as a food under the name of arrowroot. This, when agglomerated into pellets on hot plates, forms the well-known tapioca. The cassava is also known as the manioc plant. The refined tapioca of commerce is an inferior food which should not be used very often. It contains much starch, but few vitamins or mineral salts. A superior, less refined tapioca is occasionally obtainable.

Tapioca Dish

Take 8 oz. tapioca (coarse), 3 tablespoons honey, 1 teaspoon cinnamon, 3 oz. butter. Boil the tapioca till tender. Mix the honey and cinnamon. Melt the butter in a small basin over hot water. When the tapioca is cooked, pour hot butter over it and serve the honey and cinnamon separately.

Tapioca and Raisin Pudding

Put a level tablespoon of tapioca in an enamel saucepan, add 8 oz. seedless raisins, cover with cold water and a dash of nutmeg or cinnamon. Bring to the boil, then simmer gently for at least an hour. It should be quite thick, the grains soft and the fruit swollen.

Almond Tapioca

Take 4 oz. tapioca, 1½ pints water, 3 oz. ground almonds, 2 teaspoons honey, 1 teaspoon ground cinnamon, 4 oz. raisins. Put tapioca, water, honey and currants in a porringer and cook till grains are soft. Then mix in nuts and cinnamon and stir well. Eat hot or cold.

MAIZE or INDIAN CORN [117, 118, 119]

Maize or Indian Corn, *Zea Mays*, is a plant of the tribe Maydeæ of the family Gramineæ or grasses. It is a native of Central Asia, whence it spread to Europe and America. There are some hundreds of varieties, differing greatly in size, shape and colour.

As an article of food maize is one of the most widely used grains in the world. It is especially rich in fat. It has a relatively low protein content. The young grain can be eaten raw from the cob or else conservatively cooked, and is the equivalent of a vegetable.

The grain when ground into meal can be boiled in water (polenta), baked into thick cakes (johnnycake in southern U.S.A.) or made into a very thin round cake (tortilla), as in Mexico and Central America. The best cornmeal is freshly ground whole grain. Commercial meal is usually degerminated to improve its keeping qualities. Unfortunately this process robs the meal of its vitamins and other nutritive qualities. A special variety of corn is used for popping. The grain is simply toasted over a fire until it swells. It is very easily digested in this form.

Maize products to be avoided are hominy and hulled corn, and various breakfast foods made of cornflakes and malt.

Green Corn Pie

Make a thick wholemeal sauce and season with paprika and a little celery salt. Take 1 pint of fresh corn (the grains only) and mix in with the sauce. Cool and add the beaten yolks of 3 eggs. Pour the mixture into a greased pie dish, sprinkle the top with fresh brown breadcrumbs and a little oil, and bake in the oven for 40 minutes.

Green Corn au Gratin

Prepare and cook the corn on the cob for 10 minutes in boiling water. When cool, shave off the kernels, put in a saute pan, add a wholemeal flour sauce and simmer for 10 minutes till well heated. Season, put in gratin dishes, sprinkle the top with fresh brown breadcrumbs and small knobs of butter. Bake in a hot oven till a rich brown in colour. Serve.

Cream of Green Corn Soup

Rasp the kernels off the required amount of green corn. Make a mixture of 1 leek (cut in small pieces), a faggot of parsley and a lump of butter. Put them in a deep saucepan, braise (do not brown) for 15 minutes, then add the corn and sufficient vegetable stock to make the soup. Boil up and put back to simmer for 1 hour. When done, remove the faggot and rub the soup through a purée sieve. Return to the fire in a clean saucepan, add one fourth its quantity of wholemeal sauce and simmer gently for a few minutes longer. Season with celery salt and paprika. Finish with a liaison of egg yolk and sweet cream.

Unfired Maize Fruit Cakes

Mix some maize flour with finely-chopped dates or raisins. Sprinkle the whole with orange juice and press into cakes.

Maize Polenta

Drop 8 oz. coarse yellow maize meal into a pint of boiling water and cook for 15-20 minutes (stirring with a wooden spoon to prevent burning). Allow to cool in the saucepan, then stir in some finely-chopped onion, garlic, chopped firm tomatoes and some grated cheese. Add a little oil if too stiff. Then serve.

Corn Bread

Mix a quantity of coarse maize meal with sour or fresh milk to form a dough. Grease a baking tin and fill with the dough. Bake in a hot oven for 50 minutes. Eat when fresh. If desired, a little honey can be added to make a sweet bread.

Fried Maize Cakes

Take 8 oz. yellow cornmeal, oil, 1 egg, minced onion, brown breadcrumbs, honey. Cook the cornmeal with a little oil in 1½ pints of water, till it becomes thick. Cool and then mix in an egg and a little minced onion. Moisten the bottom of a baking tin with water and fill with the mixture, till it is about an inch in depth. Allow to get completely cold overnight. In the morning, cut into squares, moisten them with a mixture of honey and breadcrumbs and fry in hot oil till nicely browned.

Maize Gnocchi

Take 1 qt. water, 1 breakfast cup of maize meal, 3 dessertspoons of oil, 1 cup of wholemeal flour sauce, 7-8 dessertspoons of grated cheese. Boil the water, tip in the maize and stir till a thick mass is formed. Do not use too quick a fire. Form into balls with the help of two spoons. Arrange these in a greased earthenware dish. Cover with the wholemeal sauce, sprinkle with the cheese and cook in the oven for 10-15 minutes.

Popped Corn with Milk

Take 1 pint of fresh milk, 2 tablespoons of honey, and 4-5 oz. of unsalted popped corn. Mix the honey and popped corn into the milk.

MANIOC

(See page 118, under *Cassava*)

MILLET [122]

Millet is the name given to a number of very different species of cereals and grasses belonging to distinct genera and even sub-families of the Gramineæ. Millet is grown in Asia and Africa as a food crop, In England millet is used as a food for poultry, but it might with advantage be used by human beings. It is very agreeable when boiled and eaten with a savoury vegetable such as onion. Millet is rich in phosphorus, calcium, magnesium and silicon.

Boiled Millet

Take some clean millet grain and boil in water for 40-50 minutes. Serve with milk and honey.

OATS [123, 124, 125]

Whole oats rank high among the cereals in their protein content. They contain the most fat of any cereal. Relatively oats are low in starch, but high in their content of minerals, expecially potassium and phosphorus. They also contain magnesium, calcium, sodium and some iron. Vitamins are represented by considerable amounts of B, some of E and G, and traces of A. Taken in excess oats are a highly acid-forming food. Nor can steel cut oats be eaten without cooking, as they are somewhat indigestible raw.

Ground oats or oatmeal is a valuable food and may be cooked in the form of a porridge or used as a flour in the preparation of simple cakes and biscuits. Only coarse, unrefined oatmeal should be used and the porridge should be made with as little water as possible. To avoid prolonged cooking, it is a good plan to soak the oatmeal in warm water overnight.

Oatflakes or rolled oats have the great advantage that they can be eaten raw without any preparation, If desired, they can be soaked beforehand for some hours in cold water. They go very well with fruits and salads.

The oat is a cereal, *Avena sativa*, belonging to the family Gramineæ or grasses. There are some seventy species of the genus *Avena* scattered through the temperate regions of the Old World.

Rolled Oat Porridge

Fill a saucepan of the required size two-thirds full of water and allow to boil, stirring in the rolled oats with a wire beater. When it begins to boil, put back to simmer for 30 minutes. Do not stir again, only pass a wooden spoon along the bottom to keep it from burning. Serve with a little fresh milk and honey if required.

Oatflake Dish

For each person take 1½ oz. oatflakes soaked in water overnight (or in orange juice). Mix together with 2 oz. chopped dates or raisins, 1½ oz. ground nuts, 14 oz. of juicy fruit and 6 oz. of sweeter fruit. Mix all well together. Serve with a little thick cream and honey if desired. This dish makes a well balanced and complete meal in itself.

Oatflake Cakes

Take 2 cups oatflakes, 2 tablespoons honey, enough sour cream to make a stiff paste when mixed with the flakes and honey. Mix together well and form into small cakes. Decorate with a split almond.

Oatflake Muesli

Soak 3 tablespoons of oatflakes in sufficient water to cover for 12 hours. When ready add 4 dessertspoons of cream (or very rich milk), a little liquid warmed honey (to taste), the juice of 1 lemon (to be omitted with acid fruits) and a little milk to thin the mixture down. Grate, pulp or mash the chosen fruit (soaked dried fruit, apples, berries, etc.), and add to the mixture, stirring well together. Decorate with nuts, raisins or fruit. Serve in small glass cups. (This recipe is for 3 people.)

Oatcakes (1)

Take 1 lb. medium oatmeal, 8 oz. "Nutter," ¾ lb. wholemeal flour, water or sour milk. Rub the fat into the flour and oatmeal mixed together. Mix to a moderately stiff paste with the liquid. Roll out on to a floured board about 4 inch thick. Put into greased sandwich tins, prick well with a fork and bake in a moderate oven for 20-30 minutes or till nicely brown.

Oatcakes (2)

Take 4 oz. medium oatmeal (1 teaspoon celery salt), 1 teaspoon "Nutter," hot water. Melt the fat. Mix the oatmeal and salt together. Make a hole in the centre and add sufficient hot water to make a dough. Knead well and roll out ⅛ inch thick. Cut into rounds or triangles. Bake over a girdle till the cakes curl up. Remove from the fire and toast the smooth sides. Serve with butter or cream cheese.

Oatcakes (3)

Take 1 breakfast cup oatmeal, 1 breakfast cup wholemeal flour, 2 oz. butter, a little honey and milk. Mix the oatmeal and flour together. Rub in the butter. Moisten to a soft dough with the milk. Turn on to a floured board, roll lightly and cut into rounds. Bake in a fairly hot oven till nicely browned.

Oatmeal Biscuits

Boil some water in a saucepan, then add the required amount of oatmeal and a little honey. Cook (stirring all the time to avoid the formation of lumps) till there is a consistent mass formed. Turn into small greased moulds and bake in the oven till brown. Flavour with a little cinnamon if desired.

Rolled Oat Flapjacks

Take 8 oz. coarse rolled oats, 4 oz. butter, 2 oz. honey, 1 teaspoon brown sugar. Beat the butter till it is white and creamy. Add the sugar and slightly warmed honey, beating well all the time. Mix in the oats gradually. Press the mixture into a greased baking tin to the depth of ½ inch. Dip a palette knife in water before using it to press down the mixture. Bake in a moderate oven till golden brown (about 30

minutes). Cut partly through into required sections while still warm. Finish cutting when quite cold and set.

Rolled Oat Fingers

Take 2 teacups rolled oats, 1 cup wholemeal flour, 4 oz. "Nutter," 1 small cup brown sugar, 3 oz. chopped almonds, 1 tablespoon honey, 1 tablespoon water. Melt the sugar, "Nutter," honey and water together and mix with the dry ingredients. Add the chopped almonds last of all. Mix very well together and pour the mixture into a shallow greased tin and bake in a slow oven for 20-30 minutes. Allow to cool before cutting into fingers.

Nutty Fingers

Take 2 oz. flaked oats, 4 oz. puffed wheat, 6 oz. butter, 2 oz. brown sugar, 2 tablespoons honey. Melt the butter and sugar, stir in the oats and honey. Finally add the puffed wheat, a little at a time. Put the mixture in a flat greased tin and press down firmly with a wet knife. Bake in a moderate oven for 20 minutes. Cut into squares when cool, but leave in tin till cold.

Oat Tonic

Wash well 1 lb. coarse oatmeal, place in a large saucepan, cover with water, simmer for 1 hour, keeping the oats covered with plenty of water. Strain through a sieve and return to the saucepan with a little honey, and simmer for 15 minutes. A cupful of the tonic can be taken twice daily. (The mixture should be semi-liquid in consistency.)

PLANTAIN

(See page 115, under *Banana*)

POTATO [102]

The potato, *Solanum tuberosum*, of the family Solanaceæ, is cultivated for its edible farinaceous tubers which are an important food of civilised man. A native of America, it was introduced into Europe in the sixteenth century.

Potatoes are an excellent starch food, particularly for those who do physical labour and live in cold climates. They are not so necessary for those with sedentary occupations. Potatoes are a highly alkaline food and are rich in vitamins A, B and C. The best way to prepare them is to bake them in their jackets. In this way their vitamins and organic salts are conserved. Potatoes combine very well with raw salads and also with curd cheese. The skin of the baked potato should not be discarded, but should be eaten, as it is rich in mineral salts. Potatoes should, of course, be well scrubbed before baking.

Filled Baked Potatoes

Choose some large potatoes. Scrub well, brush with a little oil and bake till well cooked. Cut in half and remove flesh. Mix this with a little finely-chopped onion and cream cheese. Return filling to cases and brown lightly in oven.

Potatoes Bretonne

Cut small boiled new potatoes in slices. Mince an onion, a sprig of celery and a fresh mushroom. Saute in butter, add a little lemon juice and throw in potatoes. Season to taste and simmer till heated through. Serve.

Potato Cutlets

Bake several large potatoes. Press them through a fine sieve and season with butter and a little finely-chopped onion. Add some grated cheese and sufficient egg yolk to bind the mass. Flour a pastry board and form potato mixture into small cutlets. Arrange on a greased baking tin and brush over with beaten egg yolks. Bake till brown in a slow oven. Serve.

Potatoes Italienne

Cut in thin slices some cold boiled potatoes. Mince and saute an onion in oil. Mix in a spoonful of wholemeal flour, moisten with cream and beat vigorously to a smooth paste. Grease a gratin dish. Put in a layer of potatoes, cover with a spoonful of the sauce and some grated Parmesan cheese. In this way fill the dish with alternate layers of potatoes and sauce. Sprinkle the top with fresh brown breadcrumbs and bits of butter (or a little oil). Bake till brown in a hot oven and serve.

New Potatoes

Steam some small new potatoes and while hot roll in melted butter, to which finely-chopped tender spinach or dandelion leaves have been added. Serve (with a little melted butter) hot or cold.

Potato and Mushroom Pie

Take the required amount of mushrooms, cut into small pieces, put into a casserole with enough nut oil to cook them, add 1 dessertspoon of boiling water. Prepare a deep pie dish by greasing it, place a layer of cold cooked potatoes, cut in fairly even pieces, on the bottom, sprinkle a few brown bread crumbs, a very little mixed herbs and a small amount of nut fat, then put a layer of the partly cooked mushrooms, another layer of potatoes treated in the same way, and so on until the dish is full. Cook in the oven till nicely browned.

Potato and Apple Pie

Peel and slice some potato and an equal quantity of apple. Cover the potato with water and simmer for 10 minutes. Add the apple and cook slowly till both are really soft. Braise a little chopped onion in oil. Press the potato and apple through a sieve, season with a little paprika, lemon juice and honey, and add the braised onion. Serve with slices of fried wholemeal bread.

Potato and Cheese Pie

Take 2½ lbs. potatoes, 2 small stalks of celery, 2 carrots, 2 onions, 1 dessertspoon chopped parsley, 4 oz. grated Parmesan cheese. Cut the potatoes in slices, dice the other vegetables and mix together. Moisten with vegetable stock and simmer for 25 minutes with the parsley. Place in dish, sprinkle the cheese on top and bake in the oven till golden brown.

Baked Potatoes in Milk

Peel the potatoes and cut into thickish slices. Place in a baking dish. Boil 1½ pints of milk, 2½ oz. of butter, a little caraway seed and grated nutmeg. Pour the sauce over the potatoes and bake in a medium oven for 1 hour.

Potato Soup

Take 6 medium-sized potatoes, 2 qts. soup stock, 3 tablespoons olive oil, 2 onions, 1 tablespoon wholemeal flour, ¼ pint cream, some paprika and parsley leaves. Chop onions and fry in oil. Peel potatoes and cut into cubes. Put them all in a pot and pour stock over them. Add the parsley and paprika and bring to the boil. Allow to simmer till potatoes are tender. Mix the flour and cream and add slowly to the soup.

RICE [120, 121]

Rice is a cereal, *Oryza sativa*. The cultivated varieties are extremely numerous, some kinds being adapted for marshy land, others for growth on the hillsides.

Wild rice, known also as Indian, Water or Black Rice, grows in the southern United States and is eaten by the Indians who simply parch it and eat it in that state. When cooked, wild rice provides a most delectable dish, especially when it is prepared with a savoury vegetable like onion. Very little cooking is needed; fifteen or twenty minutes' steaming in a waterless steamer is sufficient. It is now obtainable in health food stores in the U.S.A.

Whole, unpolished rice is a valuable food, but commercial polished rice renders people who live on it liable to a disease known as beri-beri. The whole grain is next to wheat in value as a cereal. Its disadvantage is that it spoils rapidly if stored. The grain is rich in vitamins B and E. The polishings of rice make a useful addition to the diet and may be sprinkled raw over salads. White polished rice is of little value, little but starch being left after the process of milling.

Flaked rice is sometimes to be found in health stores abroad. Puffed rice is also a good food, provided the rice used is of the unpolished variety.

Savoury Rice

Boil sufficient brown rice (a third of cup per person) and drain off all the water. Stir in sufficient oil to moisten well, add for each person a piled dessertspoon of grated cheese, a medium-sized chopped tomato, a teaspoon of chopped onion, a teaspoon of honey, and a little celery salt or paprika if desired. Stir over the fire for a few minutes till all the ingredients are well blended. Serve hot.

Rice au Gratin

Wash and boil some brown rice in vegetable stock. Drain off stock and add some wholemeal flour sauce and a handful of grated cheese. Season with a little chopped onion. Put into gratin dishes, sprinkle the top with fresh brown breadcrumbs and bits of butter (or oil). Brown well in a hot oven and serve.

Vegetable Rice

Partly boil some brown rice. Cut up small three or four kinds of vegetables and place together with the rice in a saucepan with a little boiling water. Add a handful of raisins and a little grated lemon peel. Steam till the vegetables are soft and then drain off the vegetable water and serve with a little butter or oil mixed in.

Rice Pyramids en Surprise

Fill a square pyramid mould with some plain boiled brown rice. With the handle of a spoon press a hole in the bottom forming a shell. Fill the cavity with any required mixture of vegetables or cheese and raisins. Turn out on a plate and serve with a suitable sauce.

Rice Gruel

Wash and boil 2 oz. of brown rice in a pint of milk for 1 hour. Strain through a cheese cloth and then add a squeeze of lemon juice. Flavour with a little nutmeg. Serve sweetened with honey if desired.

Baked Whole Rice Pudding

Cook 8 oz. of whole rice in a pint of water, adding ¼ pint milk as the rice begins to swell. When the rice is thoroughly cooked, add 2 oz. chopped dates, 2 oz. chopped figs, 3 tablespoons honey, the beaten yolk of 1 egg and 1 tablespoon of butter. Grease a soufflé dish, and sprinkle with fresh brown breadcrumbs and a few drops of honey. Pour in the rice mixture and bake for 15 minutes.

RYE [109, 110, 116]

Rye is a cereal, known botanically as *Secale cereale*. It is extensively grown in Northern Russia, Germany and Scandinavia, where black bread is still in demand. In England, rye as a human food has been almost entirely replaced by wheat. In the United States, rye is chiefly grown in North Dakota and Minnesota. The rye is ground

into flour which is mixed with wheat flour to make rye bread.

Rye is less rich in protein, fat and carbohydrates than wheat. Its mineral content is also lower, but it is rich in vitamin B and has fair amounts of A and E.

It is one of the hardiest of cereals.

SAGO [129]

Sago is a food starch prepared from a deposit in the trunk of several palms, the principal source being the sago palms, *Metroxylon Rumphii* and *M. læve*, natives of the East Indian archipelago. The starchy pith is extracted from the trunk before the fruit matures and is then grated to a powder. The powder is kneaded with water over a strainer through which the starch passes, leaving the woody fibre behind. Sago is also obtained from other palms, notably the Gomuti palm, the cabbage palm, and from a species of *Cycas*. Most of the sago imported into Europe comes from Borneo. Commercial sago is excessively refined and lacks vitamins and mineral salts. A brown, unrefined sago can sometimes be obtained from health stores in England and the United States.

Steamed Sago Pudding

Take 8 oz. dates, 2 oz. brown sago, 2 oz. wholemeal flour, 2½ oz. nut fat, 1 egg, 2 oz. lemon peel. Stone and chop the dates. Soak the sago in as much water as it will absorb (but not more). Rub the fat into the flour, add the soaked sago, the lemon peel and the dates. Mix well and bind with the beaten egg. Put into a greased basin and steam for 2½-3 hours.

Sago Plum Pudding

Take 1 cup breadcrumbs, ½ cup honey, ½ cup sago (soaked overnight in a little milk), 2 tablespoons melted butter, 1 cup seeded raisins. Mix all the ingredients together. If not moist enough, add a little more milk. Put in a greased mould and steam for 3 hours.

Sago and Currant Mould

Take 2½ oz. brown sago, 1 oz. butter, 2 oz. honey, lemon, 1¼ pints milk, 3 oz. currants. Boil milk and sprinkle the sago in it. Simmer for 5 minutes, cooking over a mat and stirring now and again. Add currants and cook gently till mixture is quite thick (about 15 minutes). The grains of sago should be transparent. Add butter, honey and lemon flavouring and pour into a wetted mould. When cold, turn gently on to a glass dish and serve with cream.

SORGHUM [128]

Sorghum is a term covering a number of varieties of a small cereal grown extensively in warm countries and known botanically as *S. vulgare*, *Andropogon Sorghum*, or *Holcus Sorghum*. It includes great millet, Indian millet or Guinea Corn. It goes under different names in various parts of India. In Africa, a variety known as durra is a most important cereal. It is a highly acid-forming cereal, less valuable than millet. It contains a small amount of vitamin B.

SWEET POTATO [103]

The sweet potato, *Ipomæa batatas*, of the family Convolvulaceæ, is widely cultivated in tropical and sub-tropical countries for its tuberous root, which resembles the potato in its qualities. The club-shaped roots are filled with starch. Its uses are similar to those of the potato.

Sweet Potatoes in Orange Cases

Cut the top off 6 navel oranges and scoop out the flesh. Wash 6 small sweet potatoes and steam till tender. Drain, peel and mash them. Add 3-4 tablespoons of cream, 2 tablespoons of butter, a little grated orange peel, orange juice and honey to taste. Beat all together till fluffy. Fill the orange cases with this mixture and bake till lightly browned on top.

Sweet Potato and Pineapple

Take 6 cooked sweet potatoes, ½ cup honey, ¾ cup pineapple juice, 6 slices pineapple, ¼ cup butter. Dice the potatoes in ¾ inch cubes. Arrange a layer of cubed potato and diced pineapple in a baking dish. Combine honey, butter and pineapple juice. Boil for 3 minutes and pour over the potatoes. Bake uncovered for 30 minutes.

TAPIOCA

(See page 118, under *Cassava*)

TARO [131]

The taro is one of various tropical plants of the arum family, especially *Colocasia esculenta* and *C. macrorhiza*. It is a staple food in Samoa and other Pacific Islands, the edible part being its large, spherical underground tubers, which are rich in carbohydrates. It requires cooking, preferably by baking among hot stones.

Baked Taro

Bake among hot stones or in oven, peel, cut into pieces of convenient size, and serve with oil or melted butter. Season to taste.

WHEAT [105-108, 111-115]

Wheat—*Triticum*—occupies a high place among the three or four most important cereals utilised as food by man. It is the cereal from which good bread can best be made and it is consumed in this form by the peoples of Europe and North America, Russia, India, Argentina and Australia, which are the great bread wheat countries. The grain of wheat has a relatively high protein content and is rich in fat and carbohydrates. It also contains organic minerals, being rich in potassium and magnesium, and to a less degree in phosphorus. It is rich, too, in vitamins A, B and E.

The germ of wheat has a low starch content and a high proportion of minerals and vitamins. Cooking destroys nearly all its nutritive values. It should be sprinkled raw over salads and other foods. Wheat bran, which is absent from commercial white flour, is rich in organic minerals and also provides "roughage" necessary for proper peristaltic action of the intestines. Added bran is not generally necessary in the diet when wholemeal bread is used, but sometimes it is convenient to add a little to salad or to cheese when potatoes are being eaten in any quantity. This addition checks any tendency of constipation.

Wholemeal bread, unleavened and made without salt, sugar or baking powder, is an excellent cereal food. Coarse stone-ground whole wheat flour is the best. This should be mixed to a dough with a little cold water and then baked in a moderate oven. Made in this way, bread accords perfectly well with fruits, unless they are very unripe and acid, and is extremely nutritive and digestible. The crust of the bread forms a protective covering which conserves the vitamins of the wheat inside. Also vitamin B, the predominant vitamin of wheat, is more resistant to heat than vitamins A, C and E. White bread is valueless and even harmful, being simply so much indigestible paste—a kind of edible stickphast. It is a crime that it should be milled and sold to a people ignorant of nutritional science.

Wheat can be eaten raw in germinated form. The grain is left to soak for two or more days, according to temperature, in a shallow pan of water exposed to the air and sun, until it germinates or sprouts. It may then be eaten as it is or else ground to a paste and then mixed with salad or other food. The paste when moulded into rolls and baked in the oven makes a delicious bread, with a taste of nuts. Boiled, germinated wheat paste is the old English dish of frumenty, native of Somerset. In dry sunny climates the paste can be rolled out flat on a board and baked hard in the sun.

Macaroni is a preparation made from wheaten flour, much used in Italy. Normally it is made from white flour, but wholemeal macaroni is now obtainable. This latter product makes a pleasant change from bread or other cereals. So do wholemeal vermicelli and spaghetti.

Wholemeal Bread (1)

Take some stone-ground wholemeal flour and mix to a firm dough with a little hot water. Place overnight in a warm spot. Next morning make into 3 oz. rolls and bake till the outside is firm (20-30 minutes) in a moderate oven.

Wholemeal Bread (2)

Mix some coarse wholemeal flour and warm water to a paste, knead well, make into small rolls. Bake for 15 minutes in a hot oven and then for a further 20 minutes in a moderate oven.

Graham Bread

Take 2 lb. wholemeal flour, 1 tablespoon butter, 1 dessertspoon honey. Mix all well together and add sufficient hot water to make a dough. Cover dough with a cloth and leave standing for 3 hours. Make into small rolls and bake till crust is hard.

Orange Bread

Form a nice elastic dough with some wholemeal flour, using orange juice in place of water. Mix in a large handful of raisins and a tablespoon of finely-minced orange peel. Make into small round rolls and decorate with a ring of orange peel on top. Bake in a fairly hot oven till the outside is crisp.

Fruit Bread

Make a dough as for wholemeal bread above, and mix in either a few chopped dates or some raisins. Make into small rolls, decorate with a few split nuts and bake for 20-30 minutes.

Whole Germinated Wheat

Put the clean whole wheat grain required in a shallow pan, cover with water and let it stand exposed to the air for 1, 2 or 3 days according to

temperature. The warmer the temperature, the sooner it will germinate. It can, however, be eaten before it sprouts, when it has become soft. It may be eaten without further preparation with salads, avocado pear, cottage cheese. It needs to be very carefully chewed.

Oven-baked Wheat Paste Bread

Soak some wheat in water till it begins to germinate. Drain off the water and pass through a mincer. Make the paste into thin rolls and bake for 20-30 minutes.

Boiled Wheat Grain (Frumenty) (1)

Take the whole germinated grain and boil it as conservatively as possible. If a sweet dish is required a few raisins may be added before boiling. Alternatively the wheat can be eaten with chopped onion, oil and cheese.

Frumenty (2)

Take ½ lb. crushed germinated wheat, 1 qt. whole milk, 2 tablespoons cream, 3 oz. honey, 3 oz. currants, and a little cinnamon. Put all the ingredients in a pan and cook for 20 minutes. Serve in individual bowls, garnished with a knob of whipped cream.

Shredded Wheat with Milk

Take one or two pieces of shredded wheat from a packet, make them crisp in the oven if necessary and then serve with fresh raw milk, with honey and cream added if desired.

Shredded Wheat with Fruit Salad

Serve one or two pieces of shredded wheat with a fruit salad and plenty of fruit juice.

Baked Wheat Squares

Cook some germinated wheat grain in milk till fairly thick. Mix in a tablespoon of honey and 3 egg yolks. Cover a dish with melted butter or oil, pour in a thin layer of the wheat, bake it in the oven and when set cut it into small slabs with a knife and fork. Let it get light brown and serve with fruit.

Crushed Wheat with Cheese

Take some crushed germinated wheat, water, grated cheese and oil. Boil the grain in water till it gets slightly thick. Turn it out on to board and roll it out about ¼ inch thick. Allow it to cool, then cut into small rounds with a pastry cutter. Cover the paste with grated cheese and fry both sides in oil. Put on a plate and serve with more grated cheese.

Crushed Wheat with Vegetable Soup

Take 1 pint vegetable soup, 2 oz. butter, 3 oz. oil, 8 oz. crushed soaked wheat, a pinch of chopped onion, parsley. Fry the wheat in oil, pour the soup over it and allow the wheat to swell. Add onion and parsley. Stir in well and serve.

Macaroni au Gratin

Boil some wholemeal macaroni for 20 minutes. Immerse in cold water, drain and press dry. Cut in pieces 1 inch long. Put into a saute pan with a lump of butter and season with paprika and a little grated nutmeg. Add the required amount of wholemeal flour sauce and a handful of grated Parmesan cheese, chafe on the fire till thoroughly mixed (but do not use a spoon) and till the cheese becomes stringy. Then put it into gratin dishes and smooth down the top. Sprinkle with fresh brown breadcrumbs and a little oil or butter. Bake in a hot oven till a rich brown in colour. Serve hot.

Macaroni with Tomatoes and Cheese

Cut some 3 inch pieces of wholemeal macaroni and boil in the usual way till soft. Drain off water, add a few cut up tomatoes and a little minced onion. Cover with vegetable stock and simmer for 20 minutes over a slow fire (chafing frequently). Turn into a dish, sprinkle with a little grated cheese and serve.

Whole Macaroni Soup à l'Italienne

Break the macaroni (wholemeal) in pieces about 1 inch long. Cut in slices several onions, carrots, a small turnip, a stalk of celery, and a head of cabbage. Put them in a pan and moisten with oil. Braise slowly for a few minutes. Moisten with vegetable stock and simmer for 2 hours. Add the macaroni, several peeled ripe tomatoes and the same amount of raw potatoes cut in slices. Cook for 30 minutes longer. Season with paprika and chopped parsley. When served, sprinkle each portion with grated cheese.

Cream of Macaroni Soup

Boil and drain the required amount of macaroni. Prepare a mixture of onion, carrot, stalk of celery and a bouquet of sweet herbs. Braise slowly for a few minutes, but do not brown. Add sufficient vegetable stock to make the soup of the proper consistency. Boil and simmer for 3 hours. Strain and season with celery salt and sweet paprika. Finish with a liaison of egg yolk and sweet cream. Cut the macaroni in pieces a quarter inch long and add to the soup.

Puffed Wheat with Milk

An excellent meal may be made of a pint of milk, 4 oz. of sweet cream and 4-5 oz. of puffed wheat. An hour afterwards a little fruit juice may be taken to prevent possible thirst.

Puffed Wheat with Oil and Honey

Mix 2 oz. of honey with an equal amount of olive oil. Eat with 4 oz. of puffed wheat. This makes an agreeable sweet dish to round off a meal.

BRAN

Bran Biscuits (1)

Take 3 cups bran, 3 cups wholemeal flour, 2 oz. butter, the rind of a lemon, ½ cup cold water, 1 tablespoon honey. Mix the ingredients

together, add the water, mix well and turn out on to a floured board. Cut into rounds or squares. When baking have ready a very hot oven and turn to moderate when the biscuits are put in. Bake till lightly browned.

Bran Biscuits (2)

Take 2 small teacups bran, 2 small teacups wholemeal flour, 1 tablespoon honey, 1 teaspoon ground cinnamon, 4 oz. "Nutter," a little grated lemon rind, water. Mix the dry ingredients thoroughly together. Make into a stiff dough with the water. Roll out several times on floured board. Cut into squares a $\frac{1}{4}$ inch thick, prick all over with a fork and bake for 20 minutes. Cool before removing from the tin.

Bran Drink

Take 1 tablespoon of coarse bran to a pint of water. Boil slowly for 15 minutes with a piece of lemon rind. Sweeten with honey to taste.

YAM [132]

The yam is a plant with thick tubers from which protrude long, annual climbing stems, bearing flowers in long clusters. The species most commonly cultivated in tropical and sub-tropical countries are *Dioscorea sativa* and *Dioscorea alata*. Sweet potatoes are sometimes referred to as yams, but erroneously. The yam is widely used in Jamaica and other countries of the Caribbean. When cooked, the roots acquire a mild taste like that of a potato. The acrid principle in the raw root is dissipated in cooking.

Steamed Yam

Peel a large yam, cut into thick rings and steam till tender. Serve with a little oil or butter and a seasoning of minced onion.

Chapter 5

DRIED FRUITS

CURRANT

(See page 140, under *Raisin*)

DATE [138]

Dates are the fruit of a species of palm, *Phœnix dactylifera*, which ranges from the Canaries through North Africa and south-eastern Asia to India. It was brought to America by the Spaniards, and is now grown in the dry regions of south-western United States and Mexico. The fruit is oblong, fleshy and golden-brown in colour, and contains one hard seed. The fruit varies much in colour, size, shape and quality under cultivation. In Europe we are only familiar with the dried fruit, but the fresh fruit is extremely delicious.

In general, dates are rich in potassium and chlorine and also contain fair amounts of sulphur, magnesium, calcium and sodium. The date is an alkaline food and contains some vitamin B.

The date is a highly concentrated food, rich in sugar. It is a good food for the nerves and acts favourably on the digestive system. Processed and sulphured dates should be avoided. It is not always the most expensive varieties that are the best and most natural.

Stuffed Dates

Choose some large dates, wash well and remove the stones. Place a split almond, walnut or Brazil nut in the centres of some and a few large raisins mixed with chopped nuts in the others. Place the dates in individual white paper cases or wrap in cellophane paper to keep fresh.

Date Balls

Mince some stoned dates together with a little ground ginger and grated orange peel. Make into a smooth paste and roll into small balls the size of large marbles. Rub over with finely-dessicated coconut and stick a split almond in one end. Wrap in cellophane paper, tightly twisting the ends, to keep fresh and to make them decorative.

Steamed Date Pudding

Choose 8 oz. stoneless dates and chop them up small. Stew them for 15 minutes in 1 large cup of milk. Make a mixture of 4 oz. fresh brown breadcrumbs, 3 oz. wholemeal flour, 2 tablespoons honey, 1 dessertspoon ground nuts. Melt 3 oz. butter, but do not heat more than necessary. Mix with the milk and dates and add to the mixture of flour, etc. Beat all the ingredients well together. Beat 2 egg yolks and add, mixing very thoroughly. Pour the mixture into a greased basin and steam for 2 hours. Serve with a little sour cream.

Date and Banana Sandwich

Cut a short firm banana in half, lengthwise, and brush over with lemon juice. Mince some dates with a little orange peel and spread thickly on one half of the banana. Place the other half firmly on top. Lay on a small glass dish, sprinkle with ground nuts and serve with sweet cream.

Date and Banana Pudding

Beat to a cream 4 ripe bananas with a few drops of lemon juice. Add to them 2 dessertspoons of honey and 1½ cupfuls of fresh wholemeal breadcrumbs, lightly beating them all together. Beat 2 eggs and add 3 oz. of chopped dates and a little grated orange peel. Mix all the ingredients together and pour into a greased mould. Steam for 1½-2 hours and serve with a little sour cream.

Date Sandwich Filling

Mince some dates and a very little orange peel and beat together with a little butter. Spread on wholemeal bread or toast.

DRIED APPLE AND DRIED PEAR [139, 141]

Commercially dried apples and pears are generally rather tough and not very appetising. Also they are usually treated with sulphur or other chemicals to preserve them and keep them a good colour. However, they make a change from dates, figs and prunes, and become quite palatable if soaked overnight in water and combined with some other fruit.

DRIED APRICOT

(See page 137, under *Dried Peach*)

DRIED BANANA

Sun-dried bananas are not well known in this country. They are exported from Tahiti in the Pacific, South Africa and the West Indies. The dried fruit is superior to many of

the unripe fresh bananas sold in England and the United States. It contains a fair amount of vitamin B and is an alkaline-forming food. It needs to be chewed well, as the process of drying toughens it. When dates are not available, dried bananas make an excellent substitute. They can be soaked in water overnight to soften.

Dried Banana Fingers

Chop each banana in half, crosswise. Roll in ground nuts and serve on a finger of wholemeal bread and butter.

Dried Bananas Soaked in Fruit Juice

Chop up the bananas into small pieces and soak overnight in a mixture of orange and lemon juice. Drain off the juice, arrange in the previously cleaned halves of orange skins and garnish with rings of orange.

DRIED FIG [136, 137]

The nutritious fruit of the fig-tree is very easily preserved. The ripe fruit is spread out to dry in the sun, those of better quality being pulled out and flattened by hand in the process. Excellent figs come from Smyrna, Spain and the south of France. California is also a great centre for the commercial growing of figs.

Dried figs are very often sulphured or treated with other chemicals. Care should be taken to buy unsulphured sun-dried fruit.

Figs, both fresh and dried, are laxative in effect and stimulate the digestive organs. They make an excellent substitute for sweets for children.

Fig Rolls

Mince some good quality dried figs (first removing the short stalk) with a little powdered cinnamon and some grated lemon rind. Make into a paste and roll in dessicated coconut, forming into small rolls ¾ inch long. Place a peanut on the top and wrap in cellophane paper, tightly twisting the ends to keep fresh.

Stuffed Figs

Choose some extra large dried figs. Remove the short stalks and soak overnight in water. Drain off the juice and dry the figs, being careful not to break them. Split open and fill with a mixture of thick sour cream, orange juice and ground nuts well beaten to form a thick paste. Serve on crisp curly lettuce leaves, garnished with quartered oranges.

Fig Coffee

Roast some small dried figs and grind to powder. Use like ordinary coffee. If one does not wish to prepare the figs oneself, it is possible to buy a commercially prepared fig coffee. It is best made with milk. Being very sweet, no extra sweetening is required.

DRIED PEACH, NECTARINE AND APRICOT [140, 142]

Dried peaches, nectarines and apricots are mostly used for stewing. Apricots, however, are very good when simply soaked overnight in cold water. They act as a mild purgative if taken in fair amounts. Dried apricots are also excellent blood-builders, as they are rich in the elements producing hæmoglobin.

Dried apricots are nearly always sulphured. Care should be taken to obtain sun-dried, unsulphured fruit. The bright orange colour of apricots is due to chemicals. Sun-dried apricots are somewhat bleached in appearance.

Dried peaches and nectarines are usually rather tough, but when soaked in water they become soft and combine well with other fresh or dried fruits in a salad.

Soaked Fruit

Dried apples, pears and peaches are best soaked in warm water for 24 hours, then served in their own juice with a little honey (if desired) and either fresh or sour cream. They may be soaked in fresh milk or fruit juices if preferred. They must always be washed thoroughly in hot water and any hard bits removed.

Sun-Dried Fruit Salad

At the bottom of a dish place a layer of sun-dried peaches (soaked overnight in water). Over this spread a layer of finely-grated apple. To this add a thin layer of chopped walnuts. Decorate with small cubes of fresh fruit. Serve with honey and cream, if desired.

Honeyed Apricots

Soak some unsuplhured dried apricots overnight in water. Chop them up fine and mix with honey. Serve in individual glass dishes. Garnish with whipped cream.

Apricot Squares

Mince some nice soft dried apricots (unsoaked) with a little honey and the grated peel of a sweet orange. Form into squares ½ inch large, and dust with wholemeal flour. Decorate with a walnut in the centre and wrap in cellophane paper, tightly twisting the ends, to keep fresh.

DRIED PEAR

(See page 135, under *Dried Apple*)

MIXED DRIED FRUITS

Christmas Pudding

Take a cup of wholemeal flour, ½ cup of Barbados sugar, 2 oz. butter, a cup of brown breadcrumbs, a cup of mixed dried fruit, a cup of grated carrot, a cup of grated potato, a little cinnamon. Mix the ingredients well together and steam in a basin for 3 hours.

Rich Christmas Pudding

Take 8 oz. each of currants, sultanas and raisins, 4 oz. peel, rind of 2 lemons and their juice, 3 eggs, 8 oz. Barbados sugar, 1 large grated carrot, 8 oz. wholemeal flour, 8 oz. brown breadcrumbs, 4 oz. "Nutter," cinnamon (if desired). Mix all the ingredients well together and steam for 12 hours.

Unfired Christmas Pudding

(for 5 to 6 persons)

Take 1 tablespoon each of raisins, sultanas, currants and chopped figs, ½ teacup of shelled walnuts, 2 ripe bananas, 1 apple (the whole), a pinch of ground ginger, a little grated nutmeg, 3 teacups Fruit Bran, 4 oz. green grapes, a little lemon juice. Wash the raisins and other dried fruit well and dry with a clean cloth. Chop the dried fruits, walnuts and grapes together very finely till the mixture is quite smooth and free from lumps. Peel, mash and beat the bananas to a liquid. Grate the whole apple on a fine grater and mix with the bananas and spices. Add the chopped fruit and a squeeze of lemon juice. Crush the Fruit Bran finely with an empty jam jar, then stir all the ingredients together. Pack the mixture into a well-buttered basin, press well down, cover and allow to stand overnight.

Make a cream with the following ingredients: 2 ripe bananas, 1 white of egg, 3 cups thick cream, a little grated nutmeg and a little lemon juice. Whip the cream till thick, add the mashed bananas, beat the white of egg stiffly, add lemon juice and nutmeg, and mix lightly with the cream mixture. Put spoonfuls round the pudding after it is turned out. Soaked dried apricots may be used instead of bananas.

MUSCATEL

(See page 140, under *Raisin*)

OLIVE [173]

The olive is the fruit of *Olea europæa*, a small tree now cultivated in every continent. The fruit is usually oval, from green to purple in colour, and from half an inch to one

inch in diameter. It is a food of great antiquity and highly valued for its nutritive properties. The best fruit is the fresh, tree-ripened olive, but this is hard to obtain. The olive preserved in brine is not desirable. Better by far is the sun-dried ripe olive. The olive is rich in potassium, sodium and calcium. It also contains some sulphur, iron, silicon, phosphorus, magnesium and chlorine. Rich in fat, its carbohydrate content is low. It is alkaline in character, possessing a little vitamin B and traces of vitamin A.

The olive yields an excellent oil (*q.v.*).

PRUNE [135]

The prune is a dried plum. Prunes are now grown in many parts of the British Empire and in the United States, but for long the best prunes, known as French plums, came from the valley of the Loire. Other centres of production are Yugoslavia, Spain, Portugal and Southern France.

Commercial prunes are generally steeped in lye, which is an irritant poison. It is wise to try and obtain untreated sun-dried prunes or, if this is impossible, to wash the fruit well in warm water, before soaking or stewing for use.

Prunes are a very valuable food, helping to stimulate digestion and overcome constipation. They are extremely nutritive. Prunes have a high content of potassium, phosphorus, calcium, sodium, magnesium, sulphur, silicon and iron. They also contain some chlorine.

The best method of preparation is to soak them for twenty-four hours in cold water. Both fruit and the water impregnated with juice should be taken. Stewed prunes are inferior in nutritive value to the uncooked fruit.

Prune and Mixed Dried Fruit Salad

Chop up fine some prunes, apricots and figs. Soak overnight in a mixture of lemon and orange juice. Serve in their own juice.

Stuffed Dried Prunes

Soak overnight in water some large prunes. In the morning carefully remove the stones and open up the centres of the prunes. Fill with a mixture of sour cream, diced sweet apple and chopped hazelnuts. Arrange the prunes on little rounds of plain wholemeal bread.

Prune Soup

Soak 4 oz. prunes overnight in 1½ pints of water. Rub through a sieve and put the purée in a saucepan. Cook 3 oz. brown tapioca in 1½ pints of water till done. Add to the prune purée with 2 oz. honey and 1 oz. ground nuts and sufficient cherry juice to make the soup the right consistency. Mix very well together and serve hot or cold.

Prune Tea

Take 1 pint water, 8 oz washed prunes, the rind of half a lemon. Remove the stones after soaking the prunes well and pound the flesh in a mortar. Simmer till soft and strain off the liquid. Flavour with a slice of lemon.

RAISIN [134, 143]

Raisin is the name given to the dried fruit of certain varieties of the grape vine, which grow chiefly in the warm climate of the Mediterranean coasts and in California. Muscatels are raisins of the highest quality, prepared from a variety of muscatel grape, and preserved on the stalks for table use. Sultana seedless raisins are the produce of a small variety of yellow grape cultivated near Smyrna. These raisins are soda-dipped, on account of the climate. American sultanas are not so treated, except those exported to England. Currants or Corinthian raisins are the dried seedless fruit of a certain variety of the grape vine, *Vitis vinifera*, cultivated chiefly in Greece. They are also now grown successfully in California.

Raisins are obtained by letting the fruit remain on the vine after it has reached maturity, till the clusters dry on the stalks. Another method is to cut off the fully ripe clusters and to spread them out for several days beneath the sun. In bad weather a heated chamber is sometimes used to dry the grapes, but raisins so made are inferior in quality.

The raisin is rich in fruit sugar and is a good source of energy and heat for the body. Its mineral content is much the same as that of the grape from which it is derived. It is, however, a far more concentrated food, owing to the abstraction of much of the grape's water content. Raisins are an excellent food for the anæmic.

Fruit which has been sprayed with chemicals or sulphured should be avoided.

Raisins Soaked in Milk

Soak overnight some raisins in fresh milk. Leave in a cold place so that the milk does not sour. Serve as a breakfast or lunch dish.

Raisin Rings

Mince some seedless raisins with a little grated orange peel and a pinch of cinnamon powder. Form into rings and roll in dessicated coconut. Insert a large peanut in the centre and wrap in cellophane paper or place in individual paper holders.

Steamed Dried Fruit Pudding

Melt 3 oz. butter and mix with 4 oz. fresh brown breadcrumbs. Add 3 oz. ground hazelnuts, 2 oz. raisins, 2 oz. chopped figs, 1½ oz. grated orange and lemon peel and 3 well beaten eggs. Moisten with a little orange juice if necessary. Grease a basin, pour in the mixture and steam for 1 hour. Turn out, sprinkle with ground nuts and serve with any sauce desired.

Apple Filled with Raisins

Choose some medium-sized sweet apples, peel carefully, remove any blemishes and scoop out a hole in the centre, but not right through. Brush over with lemon juice to prevent discoloration. Fill as follows:— Mix together some raisins, thick sour cream and a spoonful of oatflakes. Fill the centre with this mixture, garnishing the top with a walnut. Serve on crisp, curly lettuce leaves as a salad or on individual dishes with a border of quartered oranges.

SULTANA

(See page 140, under *Raisin*)

Chapter 6

SUGARS AND HONEY

BEET SUGAR

THE beet, a cultivated variety of the plant *Beta vulgaris* var. *maritima*, produces a thick, fleshy tap-root rich in sugar. If the juice is expressed from the root and then evaporated a wholesome sugar is obtained.

Commercial beet sugar is a refined white sugar in loaf or granulated form and has all the disadvantages of refined cane sugar. It is largely manufactured in various countries under government subsidy, so that in wartime there may be a source of sugar other than imported cane sugar. In fact, a few years without sugar, other than that provided by honey and dried fruits, would benefit the public health enormously. Alfred McCann in his remarkable book *The Science of Eating* has an interesting chapter on the havoc wrought by the abnormal consumption of refined sugar in civilised communities.

HONEY [144]

Honey has been defined by the U.S. Department of Agriculture as "the nectar and saccharine exudations of plants, gathered, modified and stored in the combs by honey-bees (*Apis mellifica*)." In fact, other species of Apis produce honey. Honey is also classified into comb-honey, extracted honey (taken from the comb by centrifugal force) and strained honey (removed by squeezing or the application of heat).

An average analysis of honey is: water 17.70 per cent, lævulose 40.50 per cent, dextrose 34.02 per cent, sucrose 1.90 per cent, dextrins and gums 1.51 per cent, and ash (including minerals) 0.15 per cent. From this it can be seen that honey is an extremely concentrated carbohydrate food, rich in sugar. Its mineral content is comparatively unimportant.

Honey is very digestible, and, when fresh, is mildly laxative in effect. It should not be taken in too great amount.

The usual adulterants of honey are cane-sugar, artificially prepared invert sugars and different varieties of manufactured glucose. Sometimes the presence of an adulterant is mentioned on the jar. Such sophisticated honeys should be avoided. The best honey is extracted honey, which has not been impaired in quality by the use of heat. For this reason, granulated honey is to be preferred to the translucent varieties.

Since even so-called raw sugars are refined with chemicals, honey is by far the best source of sugar in the diet.

Incomparably the worst form of sugar is the highly refined white sugar (granulated, crystal, castor, loaf, icing, etc.), while real raw sugar from the Barbadoes is more wholesome. It is preferable, however, to use honey whenever this is possible.

White sugar is a highly irritant chemical, and is responsible for many modern diseases. In Elizabethan times sugar was a spice to be used with great moderation; to-day it is consumed in enormous quantities, greatly to the detriment of public health. After meat, it is perhaps the worst enemy of health.

Honey Cakes

Mix a cup of oat or wheat flakes with 3 dessertspoons of milk or fruit juice in 1 dessertspoon of honey. Make into small cakes and serve.

Honey and Nut Croquettes

Mix 1 tablespoon of lemon juice with 2 of ground almonds. Leave standing for 30 minutes. Then add 1 tablespoon honey and 1 of fine bran. Make into croquettes and serve.

MAPLE SUGAR

Maple sugar is obtained by evaporating the sap of various species of maple, but chiefly the sugar maple (*Acer saccharum*), which is mostly grown in north-eastern United States and Canada. Much of the sap is marketed as maple syrup, but some is turned into sugar, one gallon of the syrup being equivalent to about eight pounds of sugar.

Unrefined maple sugar has a delicious flavour, due to the so-called "impurities" in it. But nowadays, maple sugar is

usually refined until it, too, is as white and flavourless as granulated cane sugar or beet sugar. Furthermore, the product sold as maple syrup is sometimes not maple syrup at all, but a chemically produced corn-syrup, which is simply hydrolised starch, chemically converted from granular carbohydrate form to liquid carbohydrate form. Of itself it has no sweetening power and consequently has to be mixed with other sweeteners of doubtful origin.

MOLASSES [147]

Molasses is the syrup obtained from the drainings of raw sugar or from sugar during the process of refining. In England, the second form of syrup is generally known as "treacle." It cannot be said that either molasses or treacle is an ideal form of sugar, but they are far superior to ordinary white or brown sugars. The black treacle is the best. Old-fashioned molasses was comparatively wholesome, but molasses obtained by modern refining methods is suspect.

SUGAR CANE AND RAW SUGAR [145, 146]

The sugar cane is a huge grass, sometimes growing to a height of twenty feet. The average is about twelve feet. It belongs to the natural order *Gramineæ*, genus *Saccharum*. Some varieties require the tropics, while others can be grown in sub-tropical countries. It needs a moist and warm climate. The stem from which the sugar is extracted is from half an inch to three inches in diameter. When harvested, it is cut at ground level and the stems (without the leafy upper joints) are taken to the factory.

Natives living in sugar-growing countries chew the ripe cane and extract the juice. They also press out the juice and use it as a beverage. The next stage is to evaporate the water. The solid matter which remains is the true and only wholesome "raw sugar." Unfortunately this crude product is not imported. Dark Barbados sugar is the best obtainable.

In the commercial preparation of sugar, the extracted juice is chemically treated to form invert sugar. In the manufacture of raw sugar the chemical agents used are quicklime (in the form of lime-cream), sulphur dioxide gas,

carbon dioxide gas and, occasionally, phosphoric acid. Further treatment is required in the case of white sugar, as more thorough purification of the juice is necessary. The water is then evaporated to enable the dissolved sucrose to crystallise. Finally, the crystals are separated from the "mother-liquor." In the manufacture of white sugar, separation is carried much further, and there are additional processes to decolourise the liquor. The result is a lifeless chemical.

Peeled Sugar Cane

Take a few inches of ripe, juicy sugar cane and peel off the outer fibres with a sharp knife. Serve as dessert.

Raw Sugar with Olive Oil

Mix 2 oz. raw sugar with 2 oz. olive oil and a few oatflakes. Eat as a dessert.

Chapter 7

NUTS

ALMOND [148, 169]

THE almond is the fruit of the tree, *Prunus Amygdalus*, belonging to the tribe Pruneæ of the family Rosaceæ. The fruit is a drupe, the seed or kernel being enclosed in a hard stony shell or endocarp, which is in turn surrounded by a downy outer coat, the epicarp.

There are two forms of the plant. The one, with a pink flower, produces sweet almonds; the other, with a white flower, produces the bitter variety. Bitter almonds are broader and shorter than sweet almonds and have a bitter taste. They have a high content of amygdalin, which is a poisonous chemical alkaloid. In consequence, they are inedible. An essential oil is distilled from the seed.

The sweet almond is a particularly valuable nut, being rich in vitamins A and B, and containing considerable amounts of fat and protein. It is an acid-forming and highly nutritive food, so it should only be taken in small quantities. It contains a great deal of phosphorus. The skin of the almond should be removed by peeling or blanching in water, as it contains inedible chemical ingredients which are astringent in action. The skin should also be removed before making almond butter or almond paste. Since the whole nut is difficult to masticate completely, almonds may conveniently be taken in ground or butter form.

Almond and Apple Cream

Mix together an equal quantity of ground almonds and fresh apple juice, adding a little lemon juice. Pour the mixture into previously prepared orange cases and garnish with chopped almonds and one or two raisins.

Almond Cream

Mix together 1 cup of ground almonds, ½ cup of sour cream, ½ cup of orange juice. Beat into this mixture ½ cup of puffed wheat and whip all the ingredients well together. Serve in individual compote cups, garnished with rings of orange.

Almond Milk

Allow 1½ teaspoons of ground almonds to a large cup of water. Mix the nuts to a smooth paste with a little boiling water, adding it very slowly. Fill up the cup and sweeten to taste with honey, adding a little creamy milk or (if preferred) some fresh fruit juice.

AR NUT

The Ar or earth nut is the English name of *Conopodium denudatum* of the family Umbelliferæ. It has a tuber-like root-stock which is about the size of a chestnut. It is agreeable in taste and wholesome, but in England it is regarded as a food for pigs. On the Continent the root-stocks are eaten by humans.

BAMBARRA GROUND NUT

The Bambarra ground nut is derived from *Voandzeia subterranea* of India, where it is used as an article of food.

BEECH-NUT [164]

The beech-nut or beech-mast, the fruit of the beech-tree, *Fagus*, is not often used as human food except in times of famine. The beech grows in both Europe and America.

The beech-nut is a fat-containing food and is quite rich in protein and minerals. It is acid-forming, since it contains much phosphorus. The oil is expressed from the nut and used for food and lighting.

In France the beech-mast is used for feeding pheasants and poultry, while the cake is utilised as a cattle food.

BRAZIL NUT [151]

Brazil nuts are the seeds of the huge tropical American tree, *Bertholletia excelsa*, belonging to the family Lecythidaceæ. The tree produces a globular fruit five or six inches in diameter, consisting of a hard, thick woody shell, in which the seeds constituting the nuts are packed. The seeds are triangular in shape, having a hard woody testa enclosing the kernel. Each fruit contains from eighteen to twenty-five seeds. The nut should be peeled, as the skin is indigestible and irritant.

The Brazil nut is rich in vitamin B and contains some of vitamins A and C. Like all nuts, except the chestnut and coconut, it is a rich source of protein of excellent quality.

Those with weak digestions or bad teeth should grind the nuts before eating them.

Brazil Nut and Raisin Dish

Grate 1 teacupful of shelled Brazils, and add to them an equal quantity of minced raisins. Grate a little orange peel and add to the nuts and raisins. Cover this mixture with a little rich milk and allow to stand for 3-4 hours. Serve in individual small bowls.

Chopped Nut Cakes

Mix 3 dessertspoons of oatflakes with 1 of bran, 1 of chopped Brazil or other nuts and 1 of honey. Press, with the help of a dish, and make into small cakes. Serve.

Nut Balls

Mince some nuts and make into a paste with a little orange juice and enough honey to sweeten. Form into small balls and roll in dessicated coconut. Insert a peanut at one end and wrap in cellophane paper, lightly twisting the ends, to keep fresh.

BREAD NUT

The bread nut is the fruit of the tree, *Brosimum Alicastrum*, a native of Jamaica and other West Indian Islands. The fruit is about an inch in diameter and encloses a seed which makes a pleasant foodstuff when roasted or boiled.

BUTTERNUT [153]

The butternut is the fruit of the North American white walnut, *Juglans cinerea*, which grows in Canada and the United States. The nut is oblong with a hard, rough shell, its meat having a pleasant, buttery flavour. It is richer in minerals than the hickory nut, while it has the lowest carbohydrate content of any nut. The vitamin content is unknown.

Butternut is also the commercial name of the fruit of the *Caryocar nuciferum*, a tree native to South America. This nut is also called the souari, surahwa, and, less correctly, the suwarrow nut. It is a very fine fruit. The kernel is large, soft and even sweeter than the almond, which it resembles in taste. A few are imported from Demerara. The nut is

about the size of an egg, kidney-shaped, reddish-brown in colour and covered with large rounded tubercles.

CANDLENUT [155]

The candlenut is the fruit of *Aleurites triloba*, a native of the South Sea Islands. It is valued for its oil. It contains considerable amounts of fat and protein. Its mineral content has not been analysed.

CASHEW NUT

The cashew nut is the fruit of the cashew (cadju or acajou) tree, *Anacardium occidentale*. It is a native of the West Indies and also grows in Tahiti and other islands of the Pacific Ocean, and also in Brazil.

The fruit is from three-quarters of an inch to one inch in length and kidney-shaped. The kernel is enclosed in two coverings. The external rind is smooth, grey and leathery, while the inner, darkish layer contains an acrid and poisonous juice. The kernel, which is extracted from the rinds by roasting, has a pleasant bland taste. It is non-acid forming, and contains less starch and protein than the majority of nuts.

The part usually mistaken for the fruit is the swollen peduncle and disk, to the lower end of which the nut is attached. This fleshy portion—cashew-apple—is two or three inches long, yellow or vermillion in colour, with yellow-coloured juicy flesh, possessing an acid and astringent taste.

CHESTNUT [156]

The chestnut might perhaps be more appropriately considered with the starches and cereals than with the other nuts, as it is far richer in carbohydrates than the latter and contains little protein in comparison. It has some vitamin B. The chestnut should not be eaten raw on account of its content of tannic acid. It is best roasted or boiled. In cooked form it makes a pleasant substitute for potatoes. Like other starchy foods, chestnuts are acid-forming if taken in excessive quantity.

Boiled Chestnuts

Shell and rub off the skins. Put into a cheesecloth bag. Boil in water, with a few drops of lemon juice, till tender. Drain off the water and remove the chestnuts from the bag. Simmer in fresh cream for 15 minutes and then season with butter and a little celery salt (if desired). Serve as a vegetable. If a less rich dish is required, serve immediately after boiling in water.

Chestnut Purée

Take 1 lb. chestnuts, 1 tablespoon honey, some vegetable soup. Boil the chestnuts, peel and pass through a sieve. Mix in honey and add enough soup to make a thick purée. Heat on fire, but do not boil.

Chestnut Soup

Take 8 oz. chestnuts, 1 chopped onion, 2 oz. olive oil, 1 dessertspoon honey, a little lemon juice, 1 qt. vegetable stock. Shell and peel the chestnuts, put them in a pan with oil and onion and stew for 25 minutes. Rub through a sieve. Add stock, honey, paprika and a little celery salt and simmer for 4-5 minutes. Add the lemon juice and serve.

COBNUT

(See page 151, under *Hazelnut*)

COCONUT [158, 159, 160]

The coconut is the fruit of the coconut palm, *Cocos nucifera*. The mature fruit is oblong and triangular in cross section, measuring twelve or more inches in length and some six inches in diameter. The fruit matures in bunches of from ten to twenty nuts, each of which has a thick husk of fibrous structure enfolding the nut known to commerce. This has a hard woody shell which encloses the kernel, the true seed. Within this again is the coconut milk or water.

The flesh of a young coconut is very tender and delicious, while the water makes a most refreshing beverage. The dessicated coconut of commerce is prepared from the mature kernel.

In general, the coconut is a very nutritious food and easily digestible. It contains many alkaline minerals and carbohydrates in superior form. The young flesh is laxative in action, as is the water. So-called coconut milk is obtained by pressing the grated flesh of the coconut through a sieve or cheesecloth. It makes a suitable dressing for salads or fruits. The fresh ripe fruit contains vitamins A and B.

The nut also yields a valuable edible oil.

Coconut and Apple Cream

Mix the juice of half a lemon with two grated apples. Add half a cup of ground coconut and leave to rest for 2 hours. Add 1 tablespoon of cream before serving.

Coconut and Banana

Mix 2 tablespoons of mashed banana with 2 of ground coconut, a dessertspoon of lemon juice and a tablespoon of cream. Serve in half an orange skin.

Coconut Pyramids

Take 3 cups grated or dessicated coconut, 1 egg, 1 oz. "Nutter," 1 cup brown sugar (or honey), 1 oz. butter. Mix the coconut and sugar together, then add the egg. Work till moist, then form into small pyramids. Bake in a very slow oven till golden brown.

Coconut Quarter Cake

Take 4 oz. each of coconut, oats, butter and honey or brown sugar. Place all the dry ingredients in a bowl and mix thoroughly together. Melt the butter and add to the mixture. Press into a shallow greased tin and bake in a moderate oven till lightly browned. Cut into fingers while hot.

COLA NUT

The cola, kola or goora nuts are seeds of a tropical African tree, *Cola vera*, now grown in South America and the West Indies. The nuts are used as stimulant and condiment, and are an ingredient of several commercial beverages incorporating the name "Cola." It contains a large proportion of caffeine and must be classed as a drug rather than as a food.

EARTH-NUT

(See page 147, under *Ar Nut* and page 153, under *Peanut*)

FILBERT

(See below, under *Hazelnut*)

HAZELNUT [166]

The hazelnut is the fruit of the hazel, *Corylus avellana*, while "filbert" is the name given to the oblong nuts of certain species of hazel in Europe. The round nuts of these species are sometimes known as cobnuts. Filberts are now being successfully grown in the states of Oregon and Washington in the United States. There are three native

hazels in North America, all bearing edible nuts, similar to, but smaller than the European hazelnut.

The nuts grow in clusters and are from half to three-quarters of an inch long.

The best filberts come from Italy, but they are also grown in France, Spain and England. The protein content of the filbert is rather lower than that of the walnut and Brazil nut. It contains vitamins A, B and C. The skin should be peeled, as it is extremely indigestible.

Hazelnut Sandwich Filling

Grind some hazelnuts and beat to a thick cream with orange juice. Spread on wholemeal rolls or bread.

Hazelnut Fruit Cream

Beat together 1 cup of ground hazel nuts and sufficient pineapple juice to form a thick cream. Flavour with a little ground ginger and serve with fruit salad.

Hazelnut and Date Paste

Mix to a paste 1 cup of ground hazelnuts, ½ cup of minced dates and 1 dessertspoon of very finely-grated orange peel. Add orange juice if necessary. Serve spread on a germinated wheat roll, and eat with raw fruit in season.

HICKORY NUT [163]

The hickory nut is the fruit of the tree, *Carya ovata*, which grows in North America. It is similar to the pecan nut in appearance and constitution, but inferior. The hickory is also closely allied to the walnuts.

The nut contains a considerable amount of vitamin B and some of A. Its mineral content has not yet been analysed.

JESUIT'S NUT

The source of the Jesuit's nut is *Trapa natans*, a plant of Southern Europe, where it is used as a food.

MARKING NUT

The marking nut is the fruit of *Semecarpus Anacardium*, a native of the East Indies. It is closely allied to the cashew nut in its source and qualities.

MOCKER NUT

The mocker nut is the fruit of *Carya alba*, a species of hickory, *q.v.*

NUT BUTTERS [168]

Various nuts, more particularly the walnut, almond, Brazil nut and peanut are used to make so-called nut butter. Peanut butter is manufactured in huge quantities in the United States. The commercial product is generally made from salted and roasted nuts, and is much less wholesome than the cold-pressed butter made from unsalted raw nuts. Spanish peanuts are superior to the large Chinese variety for butter making.

The nut butters made from the coconut, almond, etc., are also suspect, as they are often made by applying much heat and from inferior nuts unsuitable for dessert use. They are sometimes useful for those who dislike or cannot tolerate animal butter or cheese. In general, grated or pounded nuts are superior dietetically and have a better flavour.

PARADISE NUT [154]

The paradise or sapucaia nut is the fruit of the Brazilian tree, *Lecythis Ollaria*. In appearance and structure it much resembles the Brazil nut. However, it has a lower mineral content, though richer in fat and protein.

PEANUT [167, 168]

The peanut is the fruit or pod of *Arachis hypogæa* of the family Leguminosæ. It is variously called earth-nut, ground-nut, monkey nut, pistache de terre, Manilla nut and Goober.

The nuts are oblong, cylindrical and reticulated. Their length is about one inch. Within the shell are from one to three ovoid seeds, covered with a brown, paper-like skin. The seeds are eaten either raw or roasted. An excellent oil is extracted from them. Peanut butter is much eaten in the U.S.A.

The peanut is widely cultivated in the United States, China, British India, Senegal and China. It is also grown

in Mexico, Central and South America, and the West Indies.

Strictly speaking the peanut is not a nut, but a legume. Its protein content is high, but is incomplete. Owing to its high purine, phosphorus and sulphur content it is an acid-forming food and should be taken in small quantities. It contains some vitamin A and more of B. It has some magnesium and potassium. It is more digestible when lightly roasted and ground.

Peanut Savoury

Mix together 1 cup ground peanuts, ¼ cup grated cheese, 2 tablespoons onion juice and 2 of carrot juice. Make into a paste, roll into small balls and serve with wholemeal bread.

Peanut and Strawberry Cream

Beat together 1 large cup of ground peanuts and ¾ cup of fresh strawberry juice. Add to the cream 1 dessertspoon of honey. Pour into little glass dishes and decorate with small whole strawberries.

Peanut Rissoles

Grind 8 oz. peanuts and mix them with a cup of wholemeal flour, half a cup of sour milk, 1 tablespoon tomato juice, 1 of onion juice, 1 dessertspoon of finely-chopped parsley and 1 teaspoon of honey. Roll into rissoles and serve.

PECAN [152]

The pecan nut is the fruit of the pecan, a North American species of hickory. It is grown commercially in several southern states of the U.S.A. and in Mexico. The kernel somewhat resembles that of the walnut, while the shell is smoother, thinner in texture and longer.

Pecans are richer in fat and poorer in protein than walnuts, and generally contain less minerals. It is, however, a very delicious nut and should be better known than it is in England.

Pecan Nut Salad

Shell and skin some pecans and arrange half the amount in a layer in the bottom of a compote cup. Cover with a layer of oatflakes and then with a layer of chopped figs, a further layer of oatflakes and finally a layer of the nuts. Pour a mixture of grapefruit and orange juice over the top and allow to stand for 1 hour before serving. Garnish with whipped cream.

PINEKERNEL, PINE NUT or PIGNOLIA [161]

The pinekernel or pine nut is the fruit of the *Pinus Pinea*, cultivated in Italy and other Mediterranean countries, and, more recently, in Northern America. The nut is small and oblong, with a very delicate flavour.

In general, the pine nut is extremely rich in oil, while starch is a very minor constituent. It is also rich in protein, and it has the highest mineral content, on an average, of any nut. This is particularly true of the Italian varieties, which are superior to those grown in the United States. It contains some vitamin B.

In America, the nut is known as the pignolia. There are also Mexican and Brazilian varieties of the pine nut. These are thick-shelled in comparison to the European specimens.

Pinekernel Dish

Grate a sweet apple and mix with a few drops of lemon juice. Mix 2 oz. raisins and add to the apple together with 2 oz. pinekernels. Beat the ingredients well together and serve in a compote cup, garnished with whole raisins.

Pinekernel Butter

Pound some pinekernels to a paste in a mortar and mix with them a very little chopped parsley. Spread on wholemeal bread in place of butter.

PIÑON [165]

The piñon is the fruit of several species of *Pinus*, grown in the south-western United States and Northern Mexico. Its properties are similar to those of the pine nut or pignolia. The nut has a slightly resinous, but agreeable flavour.

PISTACHIO [162]

The pistachio nut is the fruit of *Pistacia vera*, of the family Anacardiaceæ, a small tree cultivated in the Mediterranean region. The nut is rather smaller than the filbert, but longer and much thinner. It has a very delicious flavour.

The nuts, pale green in colour, are non-acid forming and richer than most nuts in organic mineral salts. They are rich in a digestible fat and in carbohydrates, but the high mineral content preserves an alkaline balance.

Pistachio Nut Dish

Finely chop some pistachio nuts. Make a paste of oatflakes, honey and a little sour cream and add the chopped nuts. Beat well together and serve on slices of crispbread.

RAVENSARA NUT

The Ravensara nut is the fruit of *Ravensara aromatica*, of the family Lauraceæ. It is a native of Madagascar. The fruit is used as a spice, known as clove nutmeg.

SAPUCAIA NUT

(See page 153, under *Paradise Nut*)

TAHITI CHESTNUT

The Tahiti chestnut is the fruit of *Inocarpus edulis*, a native of the South Sea Islands. It is there used as an article of food.

WALNUT [149, 150]

The walnut is the fruit of several species of the walnut tree, *Juglans*. The kernel is enclosed in a hard, woody, corrugated endocarp, which is divided into two separable valves. Within, the nut is formed into four incomplete cells. One of the two dissepiments, as the thin, leathery partitions are called, separates the two cotyledons of the kernel, while the other divides them into two lobes.

English walnuts tend to contain an undue proportion of carbohydrates and moisture and an insufficiency of fat. Consequently they do not keep well. French or Californian walnuts, with a full oil content, are preferable. The black walnut, grown in the United States is the best variety. Next comes the Japanese walnut, with the English walnut grown in the United States as the least valuable. In general, the walnut is fairly rich in protein and contains some vitamin B and traces of vitamin A. It is lower in mineral content than some other nuts.

The English walnut is good when eaten really fresh.

Walnut and Curd Cheese Paste

Soak some fresh shelled walnuts overnight in orange juice. Drain off the liquid and pound the nuts to a paste. Mix the paste with one third the amount of fresh curd cheese and season with sweet paprika. Spread the mixture on fingers of wholemeal bread.

Walnuts with Dried Fruit

Arrange in individual dishes some large walnuts, a few seedless raisins and an equal quantity of stoned and halved dates. Serve with raw sweet apples and an unleavened roll.

WATER CHESTNUT [157]

The water chestnut is the fruit of a species of *Trapa*, growing in southern Europe, India and Central America. Like the chestnut proper, it is rich in carbohydrates, but poor in protein and fat. It is similar to the chestnut in taste and is excellent roasted or cooked in water.

Chapter 8

VEGETABLE OILS AND FATS

ALMOND OIL

Almond oil—*oleum amygdale*—is obtained from the ground and blanched kernels of the fruit of the almond, *Prunus amygdalus*, preferably by cold expression. The extracted oil is pale yellow, with a nutty flavour. It is too expensive an oil to be used as a salad or cooking oil, so its use is confined to medicinal purposes. On account of its scarceness, it is often sophisticated. Apricot, plum and peach kernel oils are often employed for this purpose.

ARACHIS OIL

(See page 161, under *Peanut Oil*)

AVOCADO or ALLIGATOR PEAR [172]

The avocado is the fruit of the tree *Persea gratissima*, of the family Lauraceæ, which grows in the West Indies, Mexico, Central America, Columbia, the South Sea Islands and southern United States. The name is a corruption of the Aztec word *ahuacatl*. The fruits vary very greatly in size, weighing anything between 3 oz. and 3 lbs. Some are round, others pear-shaped. The skin varies in colour and texture. Some varieties are yellow-green, others purple-black. Some have thin paper-like skins, others a horny shell nearly a quarter of an inch thick. In Central America the fruit sometimes forms the principal dish of a meal, replacing meat or fish. It has a great affinity with wholemeal bread and onion. It also accords with salad vegetables, being a natural "mayonnaise" of great value. The avocado is richer in protein than any other fruit and contains a large porportion of mineral salts. In taste it resembles a savoury nut-meat rather than a fruit. It is a tropical fruit-butter.

The fruit should not be picked till fairly ripe, when it is rich in potassium, sodium, phosphorus, chlorine, sulphur

and other minerals. It contains a large percentage of fat of the highest quality. The avocado should never be cooked or refrigerated, as these processes destroy its valuable properties. It is an appetiser, a stimulant and a laxative.

Avocado and Onion

Peel and cut in half an avocado pear. Remove the stone and place the two halves on a plate. Fill the centres with finely-chopped onion and serve with wholemeal toast fingers and a dressing of lemon juice.

Avocado with Lettuce

Arrange in a salad bowl a bed of nice crisp young lettuce. Peel, cut in half and stone one or two small avocadoes. Arrange them on the lettuce. Fill their centres with crumbled wholemeal bread and pour over the whole a dressing of olive oil, lemon juice and finely-chopped onion.

Avocado with Young Onions

Peel, cut in half and stone an avocado. Arrange the two halves on a plate with a few neatly trimmed young onions, two rings of lemon and some fingers of wholemeal toast.

Avocado and Orange Salad

Peel, cut in half and stone one or two small avocadoes. Arrange these on a bed of crisp lettuce, filling their centres with crumbled wholemeal bread. Quarter some orange (or grapefruit) and arrange in between the avocadoes in alternate piles.

COCONUT OIL

Coconut (obsoletely *cocoanut*) oil is extracted from the kernel of the variety *Cocos nucifera* of the coconut palm, which grows near the sea in many tropical countries. The most primitive method of extracting the oil is to break the kernels into pieces and expose them to the sun. The oil then runs out of its own accord. In India and on the Malabar coast the kernels are pounded and put in boiling water, from which the oil is skimmed as it rises to the surface. Oil extracted in Europe from imported copra (dried coconut kernels) is prepared by use of hydraulic presses. The oil is liquid in the tropics, but is a solid fat in temperate climates. For use as a salad and cooking oil, the free fatty acids have to be removed and the oil deodorised by steam treatment.

COLZA OIL

Colza oil is an oil extracted from the seeds of *Brassica campestris*, var. *oleifera*, cultivated in France, Germany,

Belgium and Holland. It is very similar in properties and source to rape oil (*q.v.*). The oil is edible, though chiefly used as a lubricant and lighting oil.

COTTONSEED OIL

Cottonseed oil is an oil extracted from the seed of various species of plants of the genus *Gossypium*, of the family Malvaceæ. The oil is used for edible purposes and in the production of margarine. The oil from seeds from different countries varies in colour. The oil is extracted by hydraulic pressure, by compression occasioned by a worm conveyor or by use of a solvent. The last is the most efficient, but the least wholesome method. In general, cottonseed oil is highly refined and cannot be recommended as a substitute for good quality olive or peanut oil.

It is most extensively produced in the United States. Great Britain refines considerable quantities of Egyptian and Indian cottonseed.

LINSEED OIL

Linseed oil is an oil obtained from the seed of the common flax, *Linum usitatissimum*, grown in the United States, Canada, Russia, and various European countries. In order to extract the oil, the seeds are first ground. Cold pressing renders an edible oil of good quality. Preliminary heating of the crushed seeds affords a larger yield, but the oil so obtained is of inferior quality. Linseed oil is very often chemically refined and should be avoided unless its history is well known.

MAIZE [CORN] OIL

Maize or corn oil is an oil extracted from the ear of the plant *Zea Mays*. Maize is a cereal especially rich in oil, hence its value as a cattle food. Directly pressed maize oil is a good edible oil, but the chemically refined oils of modern commerce are either lacking vitamins entirely or extremely poor in them. In practice it is therefore better to avoid corn oil, unless one happens to be in a more or less peasant country where unrefined oil is obtainable.

OLIVE OIL

Olive oil is an oil obtained from the flesh of the fruit of the olive tree, *Olea europæa*, cultivated chiefly in the Mediterranean countries and recently in California and parts of Australia and South Africa. The best olives for oil production are those of France and Italy. Californian olives contain less oil and, what there is, is inferior in flavour. The fruit should be fully ripe. The best oil is cold-pressed oil from the first pressing. Second pressing oils and oils extracted with the aid of heat are nutritionally inferior. Olive oil is widely adulterated with sesame, peanut and teaseed oils. Olive oil varies in colour from white to golden yellow. The oil is nutritive and easily digestible. Good quality, cold-pressed oil is rich in vitamins and fats. It makes an excellent salad dressing in combination with lemon or lime juice.

Oil and Lemon Dressing

Mix some good quality olive oil with lemon juice in the proportion of five parts of oil to one of lemon.

PALM-KERNEL OIL

Palm-kernel or palm-nut oil is obtained from the kernels of the nuts of the oil-palm, *Elæis guineensis* and *E. melanococca*. It resembles coconut oil. The fresh oil is free from fatty acid, but it soon turns rancid on exposure to the air. The principal use of the oil as a food is in the preparation of chocolate products which do not interest us. It is to be distinguished from palm-oil, which is extracted from the pulp of the palm-oil fruit, and used in the manufacture of soap and candles, and as a lubricant.

PEANUT OIL

Peanut oil is the oil expressed from the fruit or pod of *Arachis hypogæa*. It is sometimes known as Arachis oil. By cold expression the nuts yield nearly fifty per cent of oil, and somewhat more when heat is applied. The oil is translucent, straw-coloured and has a faint smell. It is an excellent substitute for olive oil when of good quality.

RAPE OIL

Rape oil or sweet oil is an oil extracted or expressed from the seeds of certain varieties of the cruciferous genus *Brassica*. In Germany the oil is used as a salad oil—*Schmalzoel*, being made suitable for table use by mixture with starch to remove its biting taste, by heating till there is carbonisation of the starch and finally by filtration of the oil when cool. Rape oil is extensively used by the natives of the East Indies, where it is known as *metah* or sweet oil. Colza oil is a commercial variety of rape oil.

SESAME OIL

Sesame oil is an oil expressed from the seeds of sesame, a plant of the genus *Sesamum*, of the family Pedalineæ, grown in India, Mexico and other tropical countries. The small seeds vary in colour from whitish to black. The oil, which goes under other names (gingili or til), is used for cooking and salads like olive oil. Its value depends on the methods used by its extraction.

SOYA BEAN OIL

Soya bean oil, or bean oil as it is sometimes called, is an oil extracted from the seeds of the plant *Soja* (*Glycine*) *hispida*, cultivated widely in China, Manchuria and Japan. In recent years it has acquired considerable importance in the United States, where it is grown for fodder and for the seed. It is also grown in Mexico. In the East the oil has long been used as a food. The seeds yield about 12 per cent of oil by expression. It is now obtainable as a salad oil in the United States and England. Its value depends on the processes used to extract it.

SUNFLOWER OIL

Sunflower oil is an oil expressed from the seed of the sunflower, *Helianthus annuus*, which is cultivated in Russia, England, the Balkans, Egypt, India, the United States, Mexico and the Argentine. It is very often planted among

maize, to their mutual advantage. The sweet yellow oil extracted from it is held to be superior in flavour and nutritive value to olive or almond oil. It is very easily obtained from the seed by cold pressing. There is no reason why sunflower oil should not be produced in England.

Chapter 9

MILK AND DAIRY PRODUCE

ANIMAL MILK [89, 90, 91]

FRESH clean milk of cow, goat or sheep is an excellent and nourishing food. Preferably it should be eaten soon after the animal is milked and it should on no account be boiled, sterilised or pasteurised. These processes (pasteurisation most of all) destroy its vitamins, make the casein indigestible and deposit albumen on the sides of the saucepan or other recipient. Naturally dirty or infected milk is not a good food, but the remedy for this is not to kill the milk, but to have healthy herds and clean methods of distribution. Milk is a very complete food and should consequently be eaten alone or with very few other foods. It harmonises well with whole cereals and also with sweet fruits, honey and dried fruits, but not with very acid fruits. Fresh milk should never be eaten at the same time as sour milk or sour milk products such as cheese, since when taken in combination, fermentations are set up in the organism. Nor does white of egg accord well with milk, though the yolk is permissible. Beyond these two definite incompatibilities, milk can be taken with any other natural food, but is most digestible when taken alone or with a cereal. It should never be eaten with white sugar.

In general, milk is less rich in minerals than fruits and vegetables, but it is richer in fat, protein and carbohydrates. It is essentially a nourishing food, rather than an eliminative food or drink. In early spring when the cow or goat is feeding on fresh young grass it is at its best and most eliminative. A preference should therefore be given to milk and milk products in the spring. The quality of milk depends on the health of the cow and also on the food of the cow. Milk is a vegetable product if the cattle are fed on fresh grass and cereals, but if fed on dried blood and other artificial products, the milk becomes a poison to be avoided.

It is therefore wise to make such enquiries as are possible about the origin of one's milk supply. This is necessarily impossible in large cities, but is feasible in the country.

Provided there is an equal degree of cleanliness and health in the animal, goat's milk is superior to cow's milk. Sheep's milk is better still, but is not very often obtainable in England or the United States.

Certain organisms are unable to digest fresh milk. In such cases, milk in which a few teaspoons of lemon juice have been squeezed and the mixture then stirred with a wooden spoon till the milk falls into flakes, will be found to be very digestible, even by delicate stomachs. Lemon milk, as this preparation is called, is a very refreshing drink in warm weather.

Bread and Milk

Serve a bowl (1-1½ pints) of fresh raw milk with some wholemeal bread broken up in it. One hour after eating take a little juicy fruit in case of thirst.

Fresh Milk with Honey

Serve a bowl of fresh milk with a little honey added and some newly made wholemeal bread.

Fresh Milk with Cream

Mix together ¾ pint of fresh milk and ¼ pint of sweet cream. Serve in a bowl with fresh wholemeal bread.

Fresh Milk with Puffed Cereals

Serve a bowl of fresh milk with some wholesome puffed cereal (oats, rice, maize or wheat).

Lemon Milk

Squeeze a little lemon juice into a pint of fresh milk. Stir well with a wooden spoon till it curdles. Serve in a bowl with wholemeal bread.

Fresh Milk with Bananas and Honey

Take 2-3 cups mashed bananas, 3 tablespoons orange juice, 2 cups milk and 3 tablespoons honey. Mash the fruit till creamy. Add remaining ingredients and blend thoroughly. Serve in glasses sprinkled with nutmeg.

Sweet Milk Soup

Fry 4 tablespoons of wholemeal flour in oil and let it get light-brown. Add 2 quarts of cold raw milk and sweeten with honey to taste. Heat before serving.

BUTTER [178]

Butter is a substance consisting of the fatty ingredients of milk. It is made by separating the cream from milk and whipping or churning the latter till the particles adhere together in a fairly solid mass. After separation the cream is generally "ripened" by allowing the multiplication of lactic bacilli to take place. It is then agitated in a churn till butter forms. Excessive moisture is removed by "working" it. In the commercial manufacture of butter, the sour cream is standardised by the use of a lime or carbonate. The cream is often pasteurised, salted and artificially coloured.

The best storage butter is prepared from sweet, unripened cream.

Butter of good quality should contain about 85 per cent of fat, 11 per cent of water, 3 per cent mineral matter and 1 per cent of protein. It is quite unnecessary to salt butter, as is the common practice among English farmers and creameries.

Butter fat is very easily digestible and is compatible with all other foods.

Cress Butter

Wash a few bunches of cress and pick off the leaves. Dry and chop very fine. Put a lump of butter in a mixing bowl and work with the hand till it becomes waxy. Add the chopped cress, a little lemon juice and sweet paprika. Mix very well. Keep in a cool place, and, when wanted, serve as a garnish.

Tarragon Butter

(See page 106 under *Tarragon*,)

Rich Butter Cream

Beat together equal quantities of fresh butter, cream and curd cheese. Season with finely-chopped raw leek or chopped dill and serve with fresh unleavened rolls.

Honey Butter

Beat together till creamy equal parts of honey and fresh sweet butter. Spread on wholemeal rolls.

BUTTER-FAT

Butter-fat is the fatty constituent of cow's milk, obtained by melting butter and letting it settle. The butter-fat rises to the top and is poured off separately. It is prepared in

India in large amounts under the name of *ghi*. It is also made in India, Egypt, Germany and parts of Russia and the Balkans. It has this advantage over butter, that it does not so easily become rancid.

BUTTERMILK [92]

Another valuable derivative of milk is buttermilk. This is the liquid that remains after churning cream into butter. It is much used by the peasants of the west of Ireland. It is an extremely wholesome beverage, rich in minerals. The butter is chiefly fat, while nearly the whole mineral content of the cream is concentrated in the buttermilk. In the United States and latterly in English "Milk Bars" a buttermilk is sold which is whole milk, that has been churned and treated electrically or with a chemical. This is not true buttermilk.

CHEESE [176]

Cheese, in its primitive form, is a natural product. It consists of the curd formed when skimmed milk sours or clabbers. The liquid portion which separates from the curd is called *whey*. If whole milk sours, there is also a layer of cream on top of the curd. The wet curd is generally suspended in a cloth, until most of the whey has been drained off. We call this cheese *curd cheese*. The use of rennet to secure separation of the whey and curd is unnecessary and undesirable.

Next to natural curd cheese, the most wholesome cheese is *cottage cheese*, a soft product made by souring skimmed milk in the home and heating it. The vessel containing the sour milk (with the free whey run off) is placed in a pan of water and heated to about 110 degrees Fahrenheit. If a harder cheese is required, it must be brought to a higher temperature. The curd is then drained in a cheese cloth till the whey has stopped running. Sometimes the cheese so obtained is enriched by the addition of butter, cream or flavouring herbs. The addition of salt is unnecessary, unless it is desired to keep the cheese a long while. The fresh unsalted cheese is far preferable.

Cottage cream cheese is simply cottage cheese with added fresh cream.

Cream cheese should be merely thick cream suspended in a cloth till it is "ripe." The commercial "cream cheese" is often a skimmed milk product, innocent of cream.

Besides the soft cheeses described above, there is the class of "hard" cheeses, all of them requiring more or less elaborate manufacture. Such cheeses are of three kinds, made respectively from skim milk, whole milk or double cream. None of them can be termed natural foods, as rennet, salt, colouring matter, worms, etc., are among their ingredients. Where fresh, natural cheeses are not available, the least obnoxious are Parmesan, Cheddar, Dutch, Cheshire and Gruyère cheeses of good quality. Acid and mouldy cheeses such as Stilton and Gorgonzola are most unwholesome. Most dangerous of all are the various "club," "loaf" and processed cheeses which are mostly imported from the United States.

Cheese in all its forms is a concentrated, nutritive food, rich in animal protein of good quality. It is an excellent substitute for the protein of meat and fish which are toxic and disease-forming foods.

Cooked cheese is much less digestible than raw cheese.

(*i*) UNCOOKED CHEESE DISHES

Curd Cheese with Onion

Mix together some curd cheese and a little finely-chopped onion. Serve with wholemeal bread or a raw vegetable salad.

Curd Cheese with Spring Onion

Arrange on small plates a slice of wholemeal bread, 2-4 oz. of curd cheese and a few nicely trimmed onions. (A little olive oil may be served at the same time if desired.)

Curd Cheese with Radishes

Slice thinly some young radishes and mix with some curd cheese. Spread on fingers of wholemeal bread or unleavened rolls.

Curd Cheese with Chopped Celery

Dice some tender celery and mix with some curd cheese. Arrange in the centre of a raw vegetable salad and sprinkle with paprika.

Curd Cheese with Herbs

Chop up very fine some fresh garden mint and add to some curd cheese. Beat to the consistency of a thick cream with some orange juice. Serve with oatflakes.

Curd Cheese with Cauliflower

Grate some cauliflower head and mix with an equal quantity of curd cheese and a little chopped dill. Beat well together and serve on a crisp lettuce leaf.

Curd Cheese with Raisins and Nuts

Mince a few seedless raisins and a few peanuts. Add to a little curd cheese. Beat all well together and serve with a fruit salad and wholemeal bread.

Curd Cheese in Figs

Mash some curd cheese, moisten with thick cream and add a pinch of cinnamon. Make into balls $\frac{3}{4}$ inch in diameter. Choose some large dried figs. Wash them well, then make an incision in each fig. Insert a cheese ball into each.

Grated Cheddar or Dutch Cheese

Any wholesome plain cheese may be grated and sprinkled over a salad.

Fresh Cheese Sandwich Fillings

i. Mix some cottage cheese and chopped mustard and cress well together and spread on wholemeal bread.

ii. Mix some raisins, a little butter and some cottage or curd cheese together and spread on wholemeal bread or toast.

iii. Mix to a thick cream some cottage cheese and tomato juice with a small squeeze of lemon. Spread on wholemeal bread.

iv. Cut into fine rings some young radishes. Spread slices of wholemeal bread with cottage cheese and place the rings on top.

v. Cut very small some tender young celery and mix with cream cheese and a little chopped parsley. Spread on crispbread or wholemeal bread.

vi. Mix together a little honey, cream cheese and finely-chopped nuts and spread on bread.

(*ii*) COOKED CHEESE DISHES

Cheese Sandwich

Take 1 teaspoon butter, 2 tablespoons grated cheese, 2 eggs, $\frac{1}{2}$ pint cream, brown bread. Melt the butter and then add the cheese to it and cook till that, too, is melted. Beat the cream and the yolks of the eggs together and add to the butter and cheese. Spread on toasted brown bread and bake in the oven for 2-3 minutes. Serve hot.

Fried Cheese

Cut some thick slices of firm cheese. Dip them first in flour, then in egg, and lastly in brown breadcrumbs. Fry till a golden brown in a little oil or butter.

Cheese and Onion Slices

Melt 6 oz. of grated cheese, add to it 2 tablespoons of oatflakes and a small minced onion. Stir till well welded together, then remove from the

pan and spread thickly on fingers of wholemeal bread and put in the oven till lightly browned.

Cheese Soufflé

Take 2 oz. grated cheese, 2 oz. butter, the yolks and beaten whites of 5 eggs, 3 tablespoons of cream, 3 tablespoons of wholemeal flour. Mix the ingredients well together, adding the stiffly beaten whites of eggs last of all. Steam over water for 45 minutes. When cooked, turn out on a plate, sprinkle with melted butter and cheese and put in a hot oven for 2-3 minutes immediately before serving.

Welsh Rarebit with Fresh Corn and Tomato

Take 1 small tomato, 4 oz. grated cheese, 1 egg, 3 oz. fresh corn, 1½ oz. fresh brown breadcrumbs, 1½ oz. chopped green pepper, oil. Stew the tomato and pepper gently in a little oil. Add the cheese and stir till melted. Beat an egg and add to the mixture with the breadcrumbs and corn (previously stripped from the corn and cooked till tender) and a little minced onion. Stir very thoroughly, then pour the mixture over slices of wholemeal toast.

Cheese Straws

Take 3 oz. wholemeal flour, 2 oz. "Nutter," 2 oz. grated cheese, 2 egg yolks, paprika. Rub the fat into the flour, add the cheese and a little paprika and mix with the egg yolks. Roll out, cut into fingers and bake them on a greased baking sheet for 10-15 minutes, till nicely browned.

Cheese Biscuits

Take 8 oz. wholemeal flour, 4 oz. butter, 2 oz. grated cheese, 1 tablespoon cream. Mix all the ingredients to a soft paste. Allow to stand for 1 hour. Then roll out ½ inch thick, cut into rounds with a pastry cutter and bake in a moderate oven till a nice golden colour.

Cream Cheese Pastry

Take ½ cup butter, 3 oz. cream cheese, 1 cup wholemeal flour, 2 tablespoons cream. Work butter and cream cheese into the flour with the finger tips. Add cream drop by drop. Make into a dough and roll out. Use as required, baking in a moderate oven till crisp.

COW'S MILK

(See page 164, under *Animal Milk*)

CREAM [177]

Cream is the fat of milk which rises to the surface when milk is left standing. It contains varying proportions of fat, water, sugar and protein, together with a little mineral matter. It can be prepared either by letting the milk stand in shallow containers or by using mechanical separators.

Cream can be divided into two classes: fresh or sweet cream and sour or "ripened" cream, which is cream that has been left standing to allow the development of lactic bacilli.

Both kinds of cream accord well with all other foods. It should not be taken in excessive amounts, as it is highly nutritive.

Cream Dressings

i. Mix some orange juice and cream well together to make a thick sauce.

ii. Mix some fresh pineapple juice and cream well together to make a thick sauce.

iii. Mix cream with honey and a little lemon, orange or grapefruit uice.

EGG [179, 180, 181]

An egg, from a dietetic point of view, is or should be cereal transformed into egg in the internal organs of a hen at a natural body temperature. It is, therefore, a highly concentrated form of grain, retaining the vitality of the substance from which it was formed, unless excessively cooked.

The hen's egg is the most wholesome kind of egg, provided the hen's diet is natural. (She should not, of course, be fed on garbage, but on cereals.) The hen's egg is the most nourishing and the most easily digested. The egg is made up of a calcareous shell, a thin skin, an albuminous substance called the "white," a yolk, a germ attached to the yolk, and a central cavity of the yolk. The domestic fowl's egg is white or brown in colour. Reptiles' eggs and the eggs of sea birds and ducks have an unpleasant flavour due to the foods these creatures eat. They are not at all wholesome. Ducks' eggs and plovers' eggs are held in gastronomic esteem by some.

The minute germ of the egg, the future chicken, should be removed before the egg is cooked, as it contains the same ferment producing elements as meat. Accordingly, eggs should not be boiled or coddled in their shells. The most wholesome method of cooking is to fry the degerminated egg for half a minute in a little olive oil. In this way the maximum amount of value is retained and this is the most digestible form of egg. Next best is the poached egg. Eggs

may also be lightly whipped or scrambled, and made into omelettes and soufflés.

Eggs are acid-forming, if taken in excess. They contain (particularly the whites) considerable amounts of carbohydrates. Eggs are also fairly rich in fat and protein. The white of egg is not compatible with fresh, raw milk. The yolk accords well with everything. In general, the yolk of egg is more digestible than the white. Raw egg white is extremely hard of digestion; so, too, is a hard-boiled egg.

Eggs should not be consumed too frequently, nor in too great quantity. Two or three eggs eaten once or twice a week are quite sufficient. Those who do much muscular work need them more than the sedentary.

Preserved eggs and egg powders should not be consumed.

Egg Fried in Oil

Degerminate an egg and fry in a very little oil or butter till the white and yolk just set (but not more). Remove from the pan and serve with wholemeal bread and butter.

Fried Egg in Fried Bread

Cut a fairly thick slice of wholemeal bread, removing a round piece the size of an egg yolk from the centre, and fry till nearly browned in hot oil. Degerminate an egg and slip it into the hole. Baste with the hot oil and remove from the pan when just set and when the bread is crisp.

Fried Egg Strips

Take 8 egg yolks (or as many as required) and a little white of egg. Beat the yolks and pour into a shallow greased tin. Bake till set and allow to cool. Then cut into long strips, dip these in white of egg and brown breadcrumbs and fry in hot oil till lightly browned.

Baked Egg

Degerminate an egg and slip it into a buttered egg dish. Put a knob of butter on the top and a dessertspoonful of cream. Bake in a moderate oven till just set.

Eggs in Baked Potatoes

Bake the required number of large firm potatoes and degerminate an equal quantity of eggs. Cut off the tops of the potatoes and remove sufficient of the flesh to allow room for an egg. Slip one into each potato, add a knob of butter and return to the oven till the egg is just cooked.

Poached Egg

Degerminate an egg. Boil some water in a small pan and then slip in the egg. Cook till set, remove from the pan and serve on a slice of buttered wholemeal toast.

Eggs with Globe Artichokes

Trim the artichokes to the bottoms and steam them till tender. Arrange with the hollow end up on slices of fried brown bread. Fry the eggs lightly in oil. Trim off the whites to fit the artichoke cases and slip one into each hollow. Serve with a little butter or oil.

Eggs in Layers

Grease a fireproof dish, sprinkle well with brown breadcrumbs and pour 2-3 dessertspoons of sweet cream over them. Beat up 2-3 degerminated eggs (per person) and pour into the dish. Sprinkle the surface with crumbs and put some small knobs of butter on top. Bake in a moderate oven till a light brown.

Plain Scrambled Eggs

Beat 2 eggs together, first removing the germ. Melt a dessertspoon of butter in a pan. Pour in the eggs and stir continuously with a small wooden spoon to prevent burning. Cook till the eggs begin to thicken (they continue to cook a little while after removal from the fire) and when of the required consistency turn them out on to a slice of buttered wholemeal toast.

Savoury Scrambled Eggs

Prepare as for above, but add to the mixture a little chopped and peeled tomato and a pinch of a fresh herb or a little chopped onion. Cook as above and serve on buttered wholemeal toast or fried bread.

Scrambled Eggs with Celery

Take 6 eggs, a medium-sized head of celery, 1 tablespoon butter, hot buttered toast. Steam the celery and then rub it through a fine sieve. Beat up the eggs and add to the celery. Put the butter in a pan and pour in the mixture. Stir with a wooden spoon till of the right consistency and serve on the brown toast.

OMELETTES

Plain Omelette

(for 1 person)

Remove the germs from 2 eggs. Beat the eggs together lightly with a dessertspoon of cold water. Have ready an omelette pan (which should be used only for this purpose, and never be washed, but cleaned out with paper after each using) with a little butter or oil in it. When the fat is smoking hot, pour in the egg mixture and cook over a moderate flame. Lift up the sides so as to allow the liquid on top to run under to get cooked. When the mixture is nearly set, but not quite, roll to one side of the pan, fold over and turn on to a very hot plate. Serve at once.

Omelette Paysanne

Take 3 eggs, 1 tablespoon chopped onion, 2 tablespoons diced raw potato, butter, seasoning. Melt the butter in an omelette pan, add the onion and potato and fry lightly. Whisk the eggs till well broken up,

but not frothy. Add seasoning to taste and pour the mixture into the pan. Stir rapidly with a fork to mix in the vegetables. Cook till *just* set, then fold up and turn on to a hot plate.

French Omelette

(for 2-3 persons)

Take 4 eggs, 2 tablespoons butter, 2-4 tablespoons water, seasoning. Combine eggs, butter (cut into small pieces), water and seasoning, and beat with a fork till well blended. Melt a little more butter in an omelette pan and pour in the egg mixture. Shake pan to keep omelette from sticking, while cooking over a quick fire. Stir rapidly at first with a fork, so that the mixture can heat right through. When half set, prick with a fork, so that the part on top runs to the bottom. A quick shake of the handle will loosen the omelette and help to roll it. When cooked, turn on to a hot plate. It should cook in 2 minutes.

Swedish Omelette

(for 4-6 persons)

Take 4 eggs, 1¼ cup scalded milk or cream, 1 tablespoon butter. Beat the eggs and add the cooled milk or cream. Heat a medium-sized omelette pan, wipe with soft paper, cool off and grease well with butter. Pour in the mixture and bake in a fairly hot oven till the egg has set and the omelette risen and browned (15-20 minutes). Remove from the oven. Slide one half on to a serving dish, cover with required filling, turn other half over it and serve at once.

Spanish Omelette

Take 3 eggs, 1 tablespoon fried onion rings, clarified butter, 2 tablespoons pimento or sliced tomato, 2 tablespoons cooked peas, seasoning. Separate the yolks and whites of the eggs. Whisk the whites stiffly and season the yolks to taste. Mix together lightly. Heat a little butter in an omelette pan, add the eggs and sprinkle the top with the mixed vegetables. Cook over the fire for a minute or two, then brown under the grill. Do not fold.

Cheese Omelette

Prepare an omelette in the usual way and have ready a little grated cheese and very finely-chopped chives. When the omelette is beginning to set, sprinkle the cheese and herbs on the top. Cook for a moment or two longer, fold over and turn out on to a hot plate.

Vegetable Omelettes

Any kind of vegetable or herb may be mixed with the omelette mixture *before* cooking (it must be very finely-chopped or grated) or added just before the omelette sets.

Fruit Omelette

(for 1 person)

Take 2 eggs, 2 sweet apples, oil or butter. Degerminate and beat together the eggs. Peel and slice the apples and mix with the beaten eggs. Melt a little oil in an omelette pan and make the omelette in the usual way. Serve with a little honey.

Banana Omelette

Beat the whites of the eggs till frothy (not stiff) and, with the same beater, beat the 5 yolks (not too long). Season the yolks, then fold in the whites. Peel and slice thin a big banana and brown the slices quickly in plenty of very hot oil in the omelette pan. Remove the pan from the fire, pour in the eggs and with a fork work the bananas over to one side of the pan. Place pan back on a moderate heat and cook till the omelette is brown on the bottom, but still running in the middle. Run a palette knife round the edge and under the omelette, to loosen it. Fold the plain side on to the banana side and turn out on to a hot platter.

Wholemeal Pancake

Take 2 eggs, 1 cup wholemeal flour, water. Beat the degerminated eggs well together with the flour. Add sufficient water to make a thin paste. Have ready a little oil in a pan, pour in just enough of the mixture to cover the bottom of the pan. When brown, turn and cook the other side. Serve with honey and a little lemon juice.

EGG DRESSINGS

Simple Mayonnaise Dressing

Mix together the yolk of an egg and juice of a lemon. Warm a little oil and add to the mixture drop by drop, stirring continually in the same direction. If too thick, thin down with a teaspoon of boiling water. This, added before finishing, helps the mayonnaise to keep better.

Mayonnaise Dressing

Beat together (with a wheel beater) 1 egg, 4 tablespoons of fresh lemon juice, a dash of paprika, 1 teaspoon of celery salt, and 1 tablespoon of brown sugar; add gradually 1 pint of olive oil. Beat till smooth, taking care the dressing does not curdle.

GOAT'S MILK

(See page 164, under *Animal Milk*)

HUMAN MILK

Human maternal milk is the natural food for infants until they are weaned on to more solid foods. But though natural, it is only a suitable food provided the quality of the milk is good. This depends on the mother's general health, on her diet and on her day to day psychological condition. Mother's milk is elaborated from the food ingested by the mother. If her diet is unsatisfactory or deficient, her milk will be also. Where for any reason the maternal milk is not available, it should be replaced by cow's or goat's milk, diluted at first with fresh sun-exposed water.

On an average, human milk has a much lower protein content than animal milk, is poorer in mineral matter and contains less fat than goat's or sheep's milk (though a little more than cow's). On the other hand, maternal milk is richer in carbohydrates (sugar).

SHEEP'S MILK

(See page 164, under *Animal Milk*)

SKIM-MILK [93]

Skim-milk is fresh milk with the cream removed. It contains less fat, therefore, than whole milk and relatively more water. Skim-milk may be recommended to those who wish to lose or at any rate not to gain more weight. An advantage of skim-milk is that it is comparatively cheap. Those living in country districts for whom economy is a factor should not fail to use this valuable product, which is often thrown away or fed to pigs.

SOUR MILK

Sour milk is a very digestible form of milk. A light and easily digested mixture is made by beating together the whey, curds and cream, which constitute sour milk. Sour milk accords well with fruits, salads and cereals and is an easier food to mix with other dishes than fresh milk. It is also more eliminative than fresh sweet milk, owing to the acids which develop during souring. To obtain sour milk, let fresh milk stand exposed to the air for 2-3 days until it sours naturally.

Milk and milk products need to be taken in the right amount. Too much leads to the formation of mucus and indigestion. Absence of milk often leads to a deficiency of protein, as the organism needs protein of animal as well as of vegetable origin.

Sour Milk with Raisins

Serve a large bowl of sour milk with a handful of raisins.

Sour Milk with Fresh Fruit

Mix some fresh peeled and chopped juicy fruit with some creamy sour milk and serve in a bowl.

Sour Milk with Honey and Breadcrumbs

Serve sour milk in a bowl with some fresh brown breadcrumbs and a little honey.

Sour Milk with Spring Onions

Serve a bowl of sour milk with a few neatly trimmed spring onions and 3-4 oz. of fresh wholemeal bread.

Sour Milk with Cucumber

Slice some cucumber into a bowl of sour milk and serve with some puffed rice.

Sour Milk with Mashed Potatoes

Serve a bowl of sour milk with the mashed flesh of three small baked potatoes and a little fresh parsley, finely chopped.

Sour Milk Soup

Take 1 qt. sour milk, 1½ cups oatflakes, 2 tablespoons honey and a little cinnamon. Mix all well together till a cream is formed. Heat without boiling. Serve.

WHEY [94]

Whey is another refreshing liquid milk product, also rich in minerals. In this case the fat and casein have gone into the curd cheese which has been separated from the sour milk, leaving the whey. It is a highly eliminative beverage, being acid in character.

Chapter 10

LEGUMES AND EDIBLE FUNGI

ALFALFA

(See page 184, under *Lucerne*)

BROAD BEAN

The broad or common bean, *Faba vulgaris*, is cultivated in England, on the Continent and in the United States. It contains a large amount of legumin, which is nutritious but somewhat indigestible, unless the beans are eaten young. Broad beans are essentially a summer vegetable. They are cooked like Lima beans.

Broad Beans, Peas and Mashed Potatoes

Steam an equal quantity of young broad beans and garden peas. Drain off the water and mix in some previously mashed potato. Serve in a vegetable dish with a sauce of oil, lemon juice and finely-chopped mint.

Broad Bean Pie

Three-quarter steam an equal quantity of broad beans, young carrots (cut in rings) and sliced onions. Mix together and place in a gratin dish. Pour over some wholemeal flour sauce, sprinkle the top with fresh brown breadcrumbs, a little oil and a small quantity of grated cheese. Bake in the oven till well browned.

CAROB or ST. JOHN'S BREAD [170]

The carob is the seed-pod of the carob- or locust-tree (*Ceratonia Siliqua*), belonging to the tribe *Cassieæ*, of the family Leguminosæ. It is grown in Spain, Italy, Sicily and the Eastern Mediterranean in Europe and in certain parts of the U.S.A. The pod is chocolate in colour, often curved, compressed in texture, with sweet pulpy divisions between the seeds, which are rich in albumen. In England it is used chiefly as a feed for animals, but it is eaten in Sicily by men.

It makes a pleasant sweet-meat for children and is a wholesome source of sugar. It can be ground to a powder and spread on bread and butter. In Sicily a syrup is prepared from it.

Its invert sugar is tolerated by mild diabetics. Fresh carob pods are gently laxative in action. Those who want an alkaline food should eat the pods, but not the seeds which are acid-forming. The pods can be ground and baked into hot cakes, or mixed with other flours for bread and cake making.

CHICK PEA [200]

The chick pea or gram, *Cicer arietinum*, of the family Leguminosæ, has a seed somewhat resembling a ram's head, whence its Latin name. It is also called Egyptian or Bengal pea. The pod contains two seeds which are almost round. In America the chick pea is known as the *garbanza*. Its content of protein is low, and that of carbohydrates relatively high. It has considerable amounts of magnesium, potassium, and some iron, calcium and sodium. It is alkaline, despite the presence of phosphorus in fair amount. The chick pea contains vitamins A and B. Preferably it should be eaten when fresh. It is highly nutritious. The roasted peas form "parched pulse," which is a common food of travellers in the deserts of the far East. The garbanza is also used in French and Spanish cookery.

CHINESE BEAN

Chinese beans or Choy sprouts are tiny, round beans, green in colour. They are rich in alkaline minerals and are not acid-forming despite a relatively high content of carbohydrates. The Chinese bean is a vegetable which needs hardly any cooking.

FRENCH BEAN [184, 185, 197]

The French bean, *Phaseolus vulgaris*, is widely cultivated in Europe and America. Other varieties of the genus *Phaseolus* are the String, Runner, Wax, Navy, Red Kidney, and Lima beans. Some are eaten when young and tender, pods and all. Others are allowed to ripen and removed from the pods.

Flageolets are simply French beans, half grown and removed from the pods—the seeds still being tender and green like peas.

The young bean is not an acid-forming food. Its content of protein and carbohydrates is low, while it has considerable amounts of potassium, calcium and magnesium. It possesses some vitamin B.

The kidney bean is preferable in its green state, when its content of carbohydrates is low. It contains considerable potassium, calcium, sodium and magnesium. It also has some iron. When dried, it is acid-forming, on account of its high phosphorus content. When green it is alkaline.

Boiled String Beans

Select small young beans, break off the ends, and wash thoroughly. Boil water, add the beans, cook till tender, drain and season with herbs.

French Beans Anglaise

Cut crosswise, in diamond-shaped pieces, some young beans. Steam till tender. Sprinkle with chopped parsley and a little minced onion and serve on slices of buttered brown toast.

French Beans Bretonne

Cut a medium-sized onion in small dice, saute in butter till a golden colour, rub in a little wholemeal flour, moisten with vegetable stock, steam, skim, add plain steamed beans and simmer for a few seconds to heat the beans. Season to taste and sprinkle with chopped young parsley.

French Beans Naturelle

Cut beans lengthwise and steam till tender. Fry a chopped onion in oil and add to beans when they are tender. Serve with chopped parsley.

French Bean Soup

Take 1 lb. French beans, 2 qts. water, 1 tablespoon chopped parsley, 2 onions, 10 tomatoes, a little butter and wholemeal flour (cream if required). Cut the beans into small pieces, put in boiling water and add onion and parsley. Cook until tender. Melt a pat of butter in a pan. Add flour and stir together over the fire till it is light brown. Squeeze the tomatoes and add the juice to beans. Boil both together for 5 minutes. Serve with cream if desired.

GARBANZA

(See page 179, under *Chick Pea*)

GREEN GRAM

Green gram, the seed of *Phaseolus Mungo*, is a staple food among the workers of India. The meal made from the seed is used for cakes and other dishes. There is a form of the plant with black seeds, known as black gram. The *radiatus* variety is the most valued legume in India.

GREEN PEA [186, 198]

The green or garden pea, *Pisum sativum*, has been cultivated in Europe for a very long period. There are many varieties now in use. Peas are generally eaten green as a fresh vegetable, but young peas can be eaten raw in salads. The ripe peas are split and used for soups and purées or ground into meal.

The green pea has a fairly low fat and protein content. It contains some phosphorus, potassium, sulphur, magnesium, sodium and calcium. Also a little iron. The tender, fresh pea is rich in vitamin C and also has some of vitamins A and B. The dried pea contains hardly any vitamin C, while the amount of A and B is greatly reduced.

Green Peas in Cream

Boil some fresh garden peas in as little water as possible, drain off the water, simmer the peas for 10 minutes in cream and season with fresh herbs.

Green Pea Salad

Pick the green pods when very young. Cut off the ends, put the pods in a bowl with equal amounts of fresh watercress. Season with olive oil and lemon juice or a fresh mayonnaise.

Green Peas Paysanne

Cut several small young carrots, a little cabbage and some lettuce into small dice. Braise with a lump of butter for 15 minutes without browning. Add the shelled green peas and moisten with a little vegetable stock. Cover the saucepan and cook till the peas are tender. (Shake often to prevent burning.) Season with celery salt and paprika if desired. Serve on a hot plate, sprinkled with chopped parsley.

Green Peas in Lettuce Cases

Remove the hearts of several heads of cabbage lettuce, without detaching the outside leaves. Wash and dry well. Fill the cavity with the peas previously shelled and washed. Tie the heads securely together with twine. Put a little oil into a deep saute pan, put on the fire and arrange the stuffed head in it. Moisten with vegetable stock, cover the pan and bake in a slow oven till the peas are tender. Take out, remove the twine, gently open the lettuce leaves, season the peas with a little melted butter to which a little honey has been added. Arrange the heads on a hot dish and pour the remaining liquid over.

Green Pea Purée

Put some raw green peas in a saucepan and add a bunch of sweet herbs, including mint. Cover with vegetable stock and simmer till tender. Remove the herbs and rub the peas through a fine sieve. Add

to the purée an equal quantity of rich sweet milk or cream. Season with a little honey and serve with wholemeal bread croutons.

Purée of Dried Split Peas

Soak the peas overnight in cold water. Drain off the water. Braise an onion, carrot, head of celery and a few mixed herbs. Add the peas, cover with half vegetable stock and half water and cook until peas are tender. Remove from fire and rub through a sieve. Return to fire in a clean saucepan, add more stock to make a proper consistency. Boil up and season to taste. Serve with brown bread croutons.

Green Pea Soup

Take 1 plate green peas, 2 qts. vegetable stock, 4 oz. thickening, finely-chopped parsley, cream. Boil the green peas in vegetable stock till tender, mix in thickening slowly, boil with parsley and serve with cream.

HORSE GRAM

Horse gram, *Dolichos biflorus*, is similar to the chick pea, which it replaces in certain parts of India.

LENTIL [189]

Lentils are the seeds of an annual leguminous plant, *Lens esculenta*, belonging to the vetch tribe. In England, the chief varieties met with are the French and Egyptian. Others are the Russian, Chilean and German. The lentil is widely cultivated all over the world.

The red lentil is preferred to the common large lentil. The lentil is an economical food and is much used by the poorer classes in many lands.

Its content of protein and carbohydrates is fairly high, but it does not contain much fat. It is rich in minerals, having a large proportion of potassium, with some sodium, calcium, magnesium and iron. It contains vitamins A and B, while sprouted lentils also contain vitamin C. Lentils are more digestible than dried beans, with the exception of the soya. They should be soaked for twenty-four hours in cold water to reduce the time of cooking.

Lentil Cutlets

Wash ½ lb. lentils, put into muslin and tie, place in a saucepan of boiling water and cook for 20 minutes. Meanwhile have ready in a bowl a pinch of herbs, some finely-chopped onion, a dessertspoon of oil (butter if preferred), and a teaspoon of celery salt if preferred. Now take the cooked lentils and mix with the ingredients ready in the bowl. Mix well and shape into small cutlets with the hands. Serve hot or cold and decorate with parsley or other herb or chopped vegetable.

Lentil Cheese Cutlets

Take ½ lb. red lentils, ½ pint cold water, 8 oz. dry grated cheese, 2 English onions, 4 medium-sized tomatoes and 1 oz. oil or nut fat. Place lentils (after washing them) in a saucepan with the water and cook, gently stirring to prevent burning. When cooked, add the skinned tomatoes, finely-chopped onion, grated cheese and oil. Mix well; shape into little cutlets with the hands. Decorate with parsley.

Purée of Lentils

Soak the lentils for several hours in water. Skim off all that rises to the top. Place in a saucepan and cover with water, adding a carrot, onion and bouquet of sweet herbs. Boil slowly until thoroughly done and the water has nearly evaporated. Then remove the vegetables and herbs. Rub the lentils through a fine hair sieve, mix in a little butter or oil and serve (with brown bread croutons if desired). Celery salt may be added to taste.

Purée of Lentil Soup

Soak the lentils in water overnight. In the morning wash and drain thoroughly. Place them in a saucepan with some vegetable stock. Add a carrot, several onions, a stalk of celery and a bouquet of sweet herbs. Boil up, skim carefully and put back to simmer till done. Prepare a mixture of a lump of butter, a little wholemeal flour and a chopped leek. Slightly brown and then incorporate with the lentils. Remove the carrot, celery, herbs and onions. Put the lentils through a fine sieve. Add more stock if necessary, to make it the right thickness. Season to taste and serve with wholemeal croutons.

LIMA BEAN [183, 196]

The Lima bean, *Phaseolus lunatus* or *P. limensis*, is a variety of climbing beans of a superior kind. The beans should be shelled when about two-thirds grown and cooked as soon as they are taken from the pods. The dried matured bean is only suitable for soups and purées.

The fresh bean is rich in potassium, sodium and magnesium. It also contains calcium and some iron. It is an alkaline food, despite the presence of considerable sulphur and phosphorus. The dried bean is rich in protein and carbohydrates, while its mineral content is lower than that of the fresh product. It is acid-forming and should be used in moderation.

Boiled Lima Beans

Remove the pods of young Lima beans, boil in water till tender, toss over a hot fire in a pan with butter. Season with a little lemon juice. Serve as vegetable or garnish.

Lima Bean Purée

Soak dried Lima beans overnight in cold water, drain, add an onion, a carrot, a faggot of parsley, cover with vegetable stock, boil and leave to simmer till tender. Take out parsley, rub through a purée strainer, season with celery salt and serve with wholemeal croutons.

LUCERNE

Lucerne or purple medick, *Medicago sativa*, of the family Leguminosæ, is a perennial herb, widely grown as a forage crop. In the United States it is known as alfalfa.

Though chiefly of value as a food for cattle and poultry, a "health tea" is prepared from the dried plant for human consumption. Alfalfa is alkaline and has other valuable properties.

Alfalfa Soup

The soup is made by boiling 2 oz. of green alfalfa with 3 oz. of water for 15 minutes. The solid matter is then discarded by straining the liquid. This is rich in mineral salts. If desired a few alfalfa tops may be added to the soup.

MORIL

The moril or morel, *Morchella esculenta*, is an edible fungus, found in central and southern Europe and in North America. The surface of the upper part is reticulated and porous, so that the moril should not be gathered when wet. The dried moril is used for seasoning soups, sauces and stews. But the fresh moril is preferable. It is, however, a highly acid food and, in particular, contains helvellic acid. Morils should be scalded with boiling water before being eaten. They are rich in phosphorus, potassium and sulphur. The exact vitamin content is unknown. Morils resemble mushrooms in their general characteristics.

Saute Morils

Gather the morils before they are full grown. Wash them several times in lukewarm water and then drain. Trim off the bottoms and cut in half. Parboil in water for 10 minutes. Immerse in cold water and press dry with a clean towel. Chop a few shallots, saute them in butter, throw in the morils and cook slowly for 20 minutes. Season with celery salt, paprika and chopped parsley. Arrange on a slice of wholemeal toast. Pour the butter over the top. Garnish with a sprig of young parsley. Serve.

MUSHROOM [190, 191]

The mushroom is an edible fungus, *Agaricus campestris*. There are a number of edible varieties. Mushrooms are quick in growth and rapid in decay, so they should only be eaten when fresh and crisp. The usual season is from October to February or even later. There are a number of poisonous fungi resembling the edible mushroom. Care must be taken to distinguish them. A true mushroom grows only in pastures, never in wet, boggy places or round the stumps of trees. It is of small size, dry, and the flesh, if broken, remains practically white and has an agreeable odour. The edible mushroom has a frilled cap, which is provided with a number of radiating gills, which are free from the stem. The spores are brown, black or deep purple-black, and the stems are solid or only slightly pithy. The skin on the cap of an edible mushroom is easily taken off, while that of a toad-stool or other poisonous fungi adheres firmly. Beside the common meadow mushroom, there is the button mushroom, used for garnishing and the truffle (*q.v.*).

Mushrooms are not a food of first quality, but can be taken occasionally, provided they are fresh. They contain poor quality protein of an incomplete character, and some potassium, sodium and sulphur. They are highly acid-forming. They contain some vitamin B.

Baked Mushrooms

Select medium-sized open mushrooms. Break off the stems, peel and wash. Drain gill side down in a cloth. Arrange gill side up in a shallow saute pan and season to taste. Put a small lump of butter in the centre of each. Bake in a slow oven for 20 minutes. Baste at intervals with butter. When done, arrange on slices of brown toast and garnish with sprigs of fried parsley.

Fricassée of Mushrooms

Clean the mushrooms in the usual way and then cut in dice about ½ inch square. Mince and saute in butter a few shallots, add the mushrooms and cook slowly for 10 minutes. Add a little wholemeal flour sauce and simmer for 20 minutes. Season with a little grated nutmeg and lemon juice.

Cream of Mushroom Soup

Clean and cut in pieces ½ inch square some large mushrooms. Place in an oven dish, cover with water and cook until tender. When done, rub through a fine sieve. Cut a few shallots, a carrot and a sprig of

celery in small pieces and braise in butter for 15 minutes. Then add a bunch of parsley and enough wholemeal flour to thicken the soup. Blend the flour and butter to a smooth paste. Slowly incorporate the required quantity of strong vegetable stock, boil up and simmer for 2 hours. Strain and add the mushroom pulp. Season to taste. Finish (if desired) with a little boiled rich cream.

NAVY BEAN

The navy bean is a small variety of dried white beans, valued in wartime for their nutritive value and small bulk. It is of the genus *Phaseolus*. Navy beans are eaten dried, but they should not be more than a year old.

Boiled Navy Beans

Soak newly dried beans overnight in cold water, drain, cover with hot water, add a little lemon juice, boil and put back to simmer till tender. Season with chopped parsley and serve as a vegetable.

PEANUT

(See page 153, under *Nuts*)

PURPLE MEDICK

(See page 184, under *Lucerne*)

RED KIDNEY BEAN [197]

The red kidney bean is an American variety of pole runners. It grows quite large, kidney-shaped and red in colour. It is generally used dried, and is prepared in the same way as the navy bean (*q.v.*). The red kidney bean is richer in minerals than the white variety, and, on that account, more desirable. The French green kidney bean, or flageolet, is better still.

SCARLET RUNNER

The scarlet runner is a runner bean, *Phaseolus multiflorus* or *P. coccineus*, closely allied to *P. vulgaris*. Though perennial, it is grown as a tender annual. Its uses are the same as those of the French bean (*q.v.*). Waxpod or butter beans are quick-maturing beans with tender yellow pods. They grow like runner beans.

Butter Beans au Gratin

Soak some butter beans in cold water overnight. Place in a baking dish, cover with a little wholemeal flour sauce mixed with finely-chopped parsley. Sprinkle the top with grated Parmesan cheese and knobs of butter and bake in the oven till the beans are soft and well browned.

Butter Beans with Tomatoes

Soak some butter beans in cold water overnight. Place a layer of beans in the bottom of a baking dish, then a layer of sliced tomatoes. Continue with alternate layers of beans and tomatoes till the dish is nearly full, finishing with tomatoes. Sprinkle a handful of fresh brown breadcrumbs over the top, and add a sauce of oil and minced onion. Bake in the oven till nicely browned.

Savoury Butter Beans

Take 8 oz. beans, 1 carrot, 1 onion, 1 oz. nut fat, some parsley. Soak the beans overnight in water. Cut the carrot lengthways. Strain off the water from the beans, place them with the carrot and onion in 2 qts. of cold water, bring to the boil. Simmer for 2 hours. Strain, melt the nut fat in a pan, put beans in, toss about for a few minutes. Serve garnished with chopped parsley.

SOYA BEAN [188]

The soya bean or soy-bean is an annual plant, *Soja hispida*, widely cultivated in China, Manchuria, Korea and Japan. It has recently been introduced into the United States, Mexico, the Argentine and various European countries. The stem grows erect and is covered with silky hairs, bearing two or three pods from the axil of the leaves. The soya bean is the most nutritive of all the beans. It has the most complete protein of any legume; it has a small amount of starch. Its mineral content is high. Despite its richness in phosphorus, it is an alkaline food, being also well supplied with potassium, calcium, magnesium and sodium. It contains vitamins A and B. It contains fair amounts of fat of good quality. The soya bean requires less cooking than other dried beans. It is used in Europe and America as a diebetic food, owing to its low starch content. A bread is made from its flour. Other products are soy cheese, soy milk and soy sauce. The oil is industrially important.

Boiled Soya Beans

Soak the dry beans in soft water overnight and then cook in sufficient water in a pressure cooker till tender. The best results are obtained if

the beans are allowed to simmer rather than to boil quickly. Onions, tomatoes, parsley and other seasoning vegetables render the beans more palatable.

Baked Soya Beans

Take 2 cups boiled soya beans, 1 cup strained tomato pulp, 1 tablespoon brown flour, 1 tablespoon chopped parsley, 1 tablespoon chopped onion, seasoning. Make a tomato sauce by mixing the flour and vegetables with the tomato pulp and heating till it thickens. Pour over the beans and bake till brown in a moderate oven.

Soya Bean Croquettes

Take 1 cup boiled and mashed beans, 2 cups boiled whole rice, 1 tablespoon olive oil, ½ cup chopped onion, ½ cup yellow cornmeal, 1 tablespoon chopped parsley, 1 egg. Brown the onions in the oil, mix with the beans, rice and parsley and mould into croquettes. Dip slightly in the beaten egg and then in the cornmeal. Put in well oiled shallow pans and bake in a hot oven for about 30 minutes until brown.

Soya Bean Loaf

Take 2 cups boiled beans, ½ cup chopped parsley, 1 cup brown breadcrumbs, ½ cup milk, 1 tablespoon wholemeal flour, 1 cup chopped steamed celery. Mix vegetables and flour with the milk and heat till it thickens. Then mix well with the beans and breadcrumbs. Form into a loaf of convenient shape and bake in an oiled pan.

Soya Bean Milk

Grind the beans to a fine flour. Take 1 cup of the flour and add sufficient water to make a paste. Then add 5 cups of boiling water and boil for 10 minutes in a double boiler, stirring constantly. When sufficiently cooled, filter through a cloth. The milky fluid is deficient in lime, soda and salt, so it is good to add 2-3 tablespoons of spinach or carrot juice.

Soya Bean Soup

Take 4-5 cups boiled beans, tomato juice or milk, 1 lump butter, cooked onions, parsley and celery, seasoning. Crush the beans and add the vegetables. Thin with tomato juice or milk. Strain, add seasoning and serve hot or cold.

Soya Bean Coffee

Roast soya beans, pulverise and use like coffee beans to make a hot beverage. A commercial soya bean coffee is now obtainable.

TRUFFLE [192]

Truffles are any one of several species of subterranean fungi of the genus *Tuber*, of the family Ascomycetes. The most valued truffle in cookery is *T. melanosporum*, which is brownish-black and roundish. The skin is warty. The ripe meat is black or dark green in colour. This occurs in France, but not in England, where *T. æstivum* is, however, found.

Since the truffle grows underground and is invisible, it is sometimes hunted by pigs, dogs, and even goats.

The truffle is chiefly prized for use in sauces, garnishes and omelettes.

WAX BEAN

The wax bean is a variety of the genus *Phaseolus*, cultivated in southern United States. The pods are long and of a clear, waxy colour. The fresh bean much resembles the string bean except for its colour.

PART II

THE SCIENCE OF EATING

Chapter 11

MODERN DIETETICS

We must look forward to and strive for the day when not only kings will be philosophers and philosophers kings, but also cooks doctors and doctors cooks. For the beginning of all wisdom lies in the kitchen.

Cooks and kitchens do not strike quite the right note, perhaps, for more and more we are learning that the best foods are fresh raw foods—fruits, vegetables and dairy products—unspoilt by fire. The meals of the future will be prepared in studios by a trophist—an artist in food who has graduated in the theory and practice of eutrophology, the science of good feeding.

Pending the formation of a corps of experts, the housewife must fill the gap. Her knowledge of foods and how to serve them are the best medical science for her family. With a little study of the principles of natural medicine and particularly of the new dietetics, she can not only prevent the inception of illness among her children, but also do much to cure it in the older members of the household.

Public health depends chiefly upon the dietary followed by the mass of the people. An old proverb rightly says that men dig their graves with their teeth. Most ills have their source in badly chosen food. It is impossible to secure any real improvement in individual or public health except through education in the laws of human feeding. Diseases such as tuberculosis, cancer, diabetes and syphilis will never be conquered by prowess in physical jerks or by surgery and drugs, but can and will be eliminated when we have learnt to live on pure, natural foods and when we lead a life in other respects in harmony with nature. We are children of the sun and need its life-giving rays not only on our bodies, but also in the foods which we put inside ourselves day after day for years.

Natural foods are those foods which are left in their original state, foods which not only nourish, stimulate and

mineralise the body, but bring with them that force so real but imponderable—life itself. The ideal diet is, therefore, a diet of unfired foods with a minimum of cooked food. A simple fare of fruits, vegetables, milk and bread is the best for health and longevity.

Our bodies are made up of water, sugar, starch, albumen, fat and organic salts. So what we eat and drink must also be made up of these substances.

Water is a very important item. We are 70 per cent water. We find water in fresh fruits, vegetables and milk, in taps, cisterns, wells, lakes and rivers. The best water is that which Nature has distilled in fruits and vegetables. It is the purest and free from harmful inorganic mineral deposits. If water beyond that contained in fruits is required, water which has been vitalised by exposure to the sun is best. It will be found that with a natural diet of raw foods it is not necessary to drink extra water. Fruits and vegetables contain the right proportion of liquid and solid matter for the human organism.

Sugar provides the body with the strength required for muscular activity and the internal work of our organs. The best form of sugar is fruit or grape sugar charged with the energy of the sun. Fresh sugar cane is also a good source of sugar. So is pure honey—a concentrate of flowers manufactured in the organs of the bee at a natural body temperature. Dried fruits, St. John's bread and liquorice are also invigorating sugar-containing products.

We must, however, beware of chemically refined cane or beetsugar, particularly white sugar, as it is assimilated with difficulty and overtaxes the liver. Also in combination with the foods with which it is most often eaten—cereals, milk and fruit—it causes harmful fermentation. It is also an irritant of the digestive tract and causes excessive mucosity.

Starch is found in cereals, vegetables and tubers. The digestive juices convert the starch into sugar which is then assimilated with the blood. It is important to choose the whole grain of cereals and not the white refined product which contains nothing but a sticky paste. In addition to wholemeal flour and brown rice, ripe bananas are a good source of starch. So are potatoes and sweet potatoes.

Albumen is found in all plants, in fruits, nuts, cereals, legumes (peas, beans, lentils, etc.), milk, cheese and eggs. It is also contained in meat and fish, but unfortunately the act of cooking decomposes their albumen into poisonous combinations which produce uric and other acids. It is perfectly possible to live without meat or fish. In fact, our health is greatly improved if we dispense with them.

It used to be thought that the organism needed four or five ounces of albumen (proteins) every day, preferably derived from meat. Modern dietetic science has shown, however, that the body needs very little albumen and there is no need for any of it to be supplied by meat. During the war, when there was a shortage of meat in Denmark, Hindehede showed that there was a decline in mortality when the people lived on cereals and vegetables instead of on a diet rich in protein.

Fat is also necessary to the body. The most digestible fats are the oils of coconuts, hazelnuts, almonds and nuts of every variety. There is some fat in cereals and also in milk and its derivatives. Animal fats are very indigestible.

Organic Salts are of extreme importance to the organism. In fact, they equal all the other nutritive elements together in importance. It is only quite recently that their importance has been recognised. They form the basis of the cellular structure of the body. The richest source of the organic salts is fresh fruits, while vegetables come next. Not only do they construct the cells, but they neutralise and aid the elimination of acids and poisonous toxins from the system. So fresh fruits and vegetables must form the basis of our diet, if we wish to enjoy good health.

Besides these visible and material elements, our bodies need the stimulation of things in fruits and vegetables which are physical influences rather than chemical substances. These imponderable forces are called vitamins. Official science divides the vitamins into A, B, C, D, E, and so on, but really the vitamins are simply modalities of a single "vitality," representing the whole range of solar energies stored in fruits and vegetables. Instead of saying that unless we have a minimum dose of such and such a vitamin we shall have scurvy, beri-beri, bad nerves or xerophthalmia

as the case may be, it is best to adopt a more positive standpoint and say that we need the maximum dose of vitality possible. An important thing to remember about vitamins is that they can only be assimilated when foods containing them are absorbed in suitable combination.

Various classifications of foods have been attempted in the past. A favourite one is into acid- and alkali-forming foods. Others deal simply with the chemical constituents of foods. Recent researches, however, show that the most scientific method is to classify them according to the particular type of radiations predominant in them. In final analysis everything is radiation, and this applies both to man himself and also to the foods of man. Fruits and vegetables contain in latent form the active energies of the sun and other celestial bodies, which become active once again after absorption in our bodies.

The foods of most nutritive and therapeutic value are fresh fruits. So our first category is fruits, which may be subdivided into those which grow on trees and have a predominance of cosmic rays in their make-up, and those which grow on plants and have a predominance of sun's rays. Category II is composed of vegetables which again have two sub-divisions—those growing above the ground in which solar rays predominate and those beneath the ground (root vegetables) in which the earth's rays play the chief part. In Category III we place cereals and other starchy foods, such as bananas, breadfruit, etc. In Category IV we have dried fruits, honey, eggs, nuts, and milk products like fresh cheese and butter. Milk and sour milk come in Category II, as they are the equivalent in value of vegetables. Milk is simply vegetable substance transformed in the internal organs of the cow, goat, sheep or woman. As far as its radiations go, it contains animal or human radiations plus the radiations of the food from which the milk is elaborated. Similarly, eggs and honey contain animal-plus-solar radiations.

Category V consists of vegetables requiring cooking, such as the pulses (peas, beans and lentils), and fungi like mushrooms.

Finally, in our sixth category, we place all those foods which are not foods at all, but poisons.

Chief among them are meat and fish. These often introduce parasites into the organism, add the waste products of the dead animal to the normal waste-matter of the human body. They also cause harmful fermentations, provoke uric acid and contribute largely to the formation of disease. A meaty soil is excellent for the development of pathogenic bacteria. Alcohol is also bad for health, as it destroys cellular life. Tea, coffee and cocoa taken regularly have a bad influence on the nerves and are best replaced with cereal coffees and fresh herb teas. Nicotine, though not a food, is a poison. Our lungs need oxygen, not smoke. Slightly less pernicious are chemical and adulterated foods like tinned foods, white flour products, white sugar and so on. We should also avoid ordinary salt, as this is an inorganic mineral which collects in the bones and makes them brittle and inelastic. Arterio-sclerosis is due in part to excessive salt eating. None of these substances is included among the foods discussed in the foregoing pages.

It is best to avoid the sixth category of foods altogether. This leaves the first five categories of healthy foods as the constituents of our daily diet. Most of these foods harmonise quite well, but there are just one or two combinations to be avoided.

Milk is a rather difficult food in this respect. Fresh milk goes best with cereals and also with sweet fruits. It does not mix well with very acid fruits, while it leads to disastrous results internally if taken with sour milk or cheese, with eggs (except the yolk alone) or with any of the forbidden foods of Category VI.

Certain systems of dietetics forbid the mixing of starches and proteins at the same meal, while others forbid the mixing of bread and fruit. Nature, however, boldly mixes starches and proteins in a single fruit or vegetable, while the difficulty about fruit and bread is due to the other things in commercial bread besides wheat, flour and water. If bread without yeast and salt is used, this alleged incompatibility vanishes.

Apart from specific rules, the golden rule is simplicity. Meals should consist of one principal dish made as simply as possible. Foods compatible in themselves may become incompatible through multiplicity. Thus, a salad with

seven or eight different vegetables in it is undesirable; two or three with a simple dressing of oil, lemon juice and finely-chopped onion or other aromatic herb are quite sufficient.

An animal living in its natural surroundings does not need to be told how much food to eat. It knows by instinct. Man, however, has long ceased to know, because he has eaten foods which are not suited to his organism. Consequently he is never satisfied. Raw fruits and vegetables, on the other hand, set a limit to themselves, and there is little fear of overeating, provided food is properly masticated. To begin with, it is a good plan to weigh foods, until one becomes accustomed to the weight and sight of them. About three pounds of food and drink a day are perfectly sufficient, provided the quality be right. The best arrangement is two meals of a pound and a half each, taken at midday and at sundown. Breakfast is an anti-physiological habit which shortens life and interferes with the natural rhythm of elimination of waste products which goes on in the morning hours. In certain exceptional cases, however, breakfast is advisable.

Fruit should be the mainstay of our diet. From 40-50 per cent of the daily ration should consist of fruit, 30-35 per cent of salad or other vegetables (or milk), 10-20 per cent of cereals and the remaining 5-10 per cent of the more concentrated foods of Category IV (dried fruits, cheese, butter nuts, eggs, honey).

Cooked foods may be taken once or twice a week with impunity, but should not be taken habitually as they are deficient in vitamins and have lost some of their organic salts by cooking.

Other golden rules are: Never eat when tired. Never eat when angry or worried. Never eat in a hurry. Never eat without appetite. The best of foods can be spoilt by an unfavourable psychic state which provokes a secretion of poisons by the glands of internal secretion.

Chapter 12

MENUS AND MEALS

The menus and meals contained in this chapter are arranged in an ascending scale of nutritive-therapeutic importance and a descending scale of gastronomic interest. The different types of menu are also encountered by the reader in the order that he is most likely to require them. Thus, the first of the five groups consists of simple breakfast menus which will be of particular use to the recent convert to a more rational way of feeding. Group two has a larger percentage of cooked foods than the remaining groups and more regard is paid to making the meal attractive to the palate and imagination. The menus of this group will prove serviceable in restaurants, cafeteria, schools and other institutions where a certain catholicity is necessary to satisfy different tastes.

The third group aims at combining economy with sound dietetics. The menus suggested contain some cooked vegetable dishes, but always very simple ones, while in the interests of slender purses the emphasis is on raw vegetables rather than on fruits which tend to be expensive. At the same time they represent the type of diet suited to a person who has passed through the Epicurean phase symbolised by the second group, and is now ready to enter the ranks of the Stoics.

Group four excludes cooked foods entirely with the exception of breads and starches, but contains a full range of milk products—both liquid and more concentrated. Though for sentimental or, more politely, humanitarian reasons, many people desire to follow a diet of vegetable products alone, this is not always physiologically wise or practicable. A transitional period is necessary before a diet of fruits, vegetables and cereals alone can be safely adopted.

With the fifth group we have arrived at the stage of suppressing milk and its various products and the menus

are composed exclusively of fruits, vegetables (both in their raw state) and cereals and starches (either cooked or raw).

Finally, in group six, we give what we term the *standard daily ration*, which is an exclusively raw and exclusively vegetable diet based on the dietetic tables arranged according to age or occupation, which form the subject matter of Part III. After two examples of the standard daily ration, there are eight variations on this theme, in each of which there is a certain deviation from the norm, either in the direction of milk and dairy products or in that of the oven or saucepan. Allowance is also made for individual tastes in the matter of juicy or more concentrated salads. All these diets are carefully balanced and will be found to contain all the elements necessary for wholesome and complete nutrition. The reader should peruse the dietetic tables given in Part III, from which he will see that the questions of calories, protein, mineral salts, weight, variety, compatibility, etc., have all been taken into consideration.

I

A SELECTION OF BREAKFAST MENUS

As a general rule, two meals a day—one about midday and the other towards sundown or a little later—are quite sufficient for those in normal health. Physiologically, the eating of food before the sun reaches its zenith is an unnatural habit, as during the morning hours the sun and other natural forces have an eliminative influence on the organism, which should not be interrupted by setting in motion the contrary processes of digestion and assimilation.

There are, however, certain cases in which the taking of a light breakfast is permissible and even desirable. Those accustomed to breakfast and living on a mixed habitual diet may find that they miss breakfast greatly at first when they adopt a more rational dietary. Just as it is better to marry than burn, so is it better to satisfy the pangs of hunger than to endure unnecessary discomfort. But the breakfast should be a modest one, consisting of some fresh fruit, with perhaps a banana and a glass of fresh milk. In the warmer months

of the year, the meal can be reduced to fruit juice and gradually abandoned as the desire for it passes.

Breakfast is also often indicated for growing children, for the weak, for the excessively thin, and in cold seasons and climates for those who have hard work to do with their muscles. Common sense must decide where breakfast is necessary and where not.

We now give a selection of suitable menus for this meal when it is taken.

MENU No. 1: Mixed orange and grapefruit juice (12-16 oz.).

MENU No. 2: Two kinds of raw acid or sub-acid fruit (e.g. orange, grapefruit, apple, grapes, peach, pear, berries, apricot, cherries, plums, etc.) (12-16 oz.).

MENU No. 3: Juicy eating apples (8 oz.), glass of fresh raw milk (8 oz.).

MENU No. 4: Banana (4 oz.), milk (6 oz.), juicy fruit (6 oz.).

MENU No. 5: Raw juicy fruit (12 oz.), prunes or figs soaked overnight in water (4 oz.).

MENU No. 6: Raw sweet or sub-acid fruit (6 oz.), fresh raw milk (6 oz.), soaked dried fruit (peaches, apricots, etc.) (4 oz.).

MENU No. 7: Herb tea (6 oz.), raw juicy fruit (8 oz.), honey (1½ oz.), lemon juice (½ oz.).

MENU No. 8: Milk (8 oz.), banana (6 oz.).

MENU No. 9: Soaked apricots (4 oz.), fresh fruit salad (12 oz.).

MENU No. 10: Almond milk (8 oz.), oranges (8 oz.).

MENU No. 11: Tomato juice (fresh) (12 oz.).

MENU No. 12: Prune and orange compote (12 oz.).

MENUS OF RAW AND COOKED FRUITS, VEGETABLES, CEREALS AND STARCHES, MILK AND DAIRY PRODUCTS, DRIED FRUITS, NUTS, ETC.

(The number in brackets after each dish refers to the page number of the recipe in Part I. It is in each case assumed that the other meal of the day will consist of fresh fruit with bread or oatflakes.)

Main Ingredients of Dish

(i) WINTER MENUS

First Week

	Raw or Cooked Vegetables, Milk, etc. (Category II and V)	Cereal or Starch (Category III)	Protein, Fats, etc. (Category IV)	Raw or Cooked Fruits (Category I)
MONDAY	Carrot, Endive and Leek Salad (72)	Savoury Rice (126)		Raw Apple Purée (16)
TUESDAY	Sour Milk (176)	Filled Baked Potatoes (124)	Ground Hazelnuts	Pineapple Slices (58)
WEDNESDAY	Cabbage Soup (70)	Wholemeal Bread (1) (130)	Plain Omelette (173)	Tangerines with Dried Figs (34)
THURSDAY	Seasoned Chicory (76)	Bananas	Lentil Cutlets (182)	Baked Pears (36)
FRIDAY	Radish and Cauliflower Cream Salad (100)	Maize Polenta (120)		Orange and Nut Mousse (34)
SATURDAY	Baked Tomatoes (108)	Wholemeal (Bread (2) (130)	Butter	Cherimoya Cup (48)
SUNDAY	Cabbage and Apple Salad (70)	Potato Cutlets (124)		Grapefruit and Date Compote (28)

Second Week

MONDAY	Tomato and Cucumber Salad (107)	Vitaweat	Butter Beans au Gratin (187)	Orange and Prune Salad (34)
TUESDAY	Lettuce and Orange Salad (91)	Bran Biscuits (1) (132)		Grapes with Tangerines (27)
WEDNESDAY	Potato Soup (125)	Ryecrisp	Curd Cheese with Herbs (168)	Whole Grapes (27)
THURSDAY	Cos Lettuce Salad (91)	Baked Potato		Baked Apple (16)
FRIDAY	Parsnip and Cabbage Salad (98)	Frumenty (1) (131)	Sour Cream	Raw Pear Compote (36)
SATURDAY	Turnip Soup (110)	Wholemeal Bread (1) (130)	Date Balls (134)	Orange Baskets (34)
SUNDAY	Cucumber Rings and Onion Salad (79)	Filled Baked Potatoes (124)		Christmas Pudding (138) Whole Oranges

Third Week

	Raw or Cooked Vegetables, Milk, etc. (Category II and V)	Cereal or Starch (Category III)	Protein, Fats, etc. (Category IV)	Raw or Cooked Fruits (Category I)
MONDAY	Baked Vegetable Loaf (111)	Vitaweat	Butter	Orange and Nut Mousse (34)
TUESDAY	Chicory, Tomato and Cress Salad (77)	Chestnut Purée (150)		Halved Tangerines (34)
WEDNESDAY	Carrot Soup (73)	Wholemeal Bread	Curd Cheese with Spring Onion (168)	Pineapple Slices (58)
THURSDAY	Radish and Cream Cheese Salad (100)	Baked Potato		Stewed Plums with Breadcrumbs (38)
FRIDAY	Chopped Lettuce Salad (91)	Vitaweat	Lentil Cheese Cutlets (183)	Whole Oranges
SATURDAY	Cabbage Stewed in Cream (70)	Wholemeal Bread	Fig Rolls (136)	Grapefruit Baskets (28)
SUNDAY	Kale and Tomato Salad (89)	Potatoes Bretonne (124)	Curd Cheese	Baked Stewed Apple with Honey (16)

Fourth Week

MONDAY	Avocado with Lettuce (159)	Ryecrisp	Savoury Scrambled Eggs (173)	Raw Apple and Orange Rings (16)
TUESDAY	Turnip and Watercress Salad (109)	Baked Potato	Butter, Nuts	Whole Raw Pears (36)
WEDNESDAY	Chestnut Soup (150)	Vitaweat	Honey	Pineapple and Fruit Plate (59)
THURSDAY	Parsnip and Cabbage Salad (98)	Maize Polenta (120)	Curd Cheese	Baked Apple (16)
FRIDAY	Baked Onions (96)	Wholemeal Bread	Curd Cheese with Cauliflower (169)	Grapes with Tangerines (27)
SATURDAY	Celery and Cucumber Salad (76)	Fried Brown Bread	Egg fried in Oil (172)	Orange and Prune Salad (34)
SUNDAY	Sour Milk (176)	Puffed Wheat	Honey and Nut Croquettes (143)	Quartered Oranges

(ii) SPRING MENUS

First Week

	Raw or Cooked Vegetables, Milk, etc. (Category II and V)	Cereal or Starch (Category III)	Protein, Fats, etc. (Category IV)	Raw or Cooked Fruits (Category I)
MONDAY	Asparagus with Young Carrots (66)	Baked Potato	Butter	Raw Pear Compote (36)
TUESDAY	Bread and Milk (165)		Honey	Persimmon with Apple (29)
WEDNESDAY	Cucumber and Sour Milk Salad (79)	Oatcakes (2) (122)		Whole Oranges
THURSDAY	Stewed Tomatoes à l'Espagnol (108)	Vitaweat	Curd Cheese	Pineapple and Fruit Plate (59)
FRIDAY	Sour Milk with Spring Onions (177)	Wholemeal Bread	Brazil Nut and Raisin Dish (148)	Whole Grapes (27)
SATURDAY	Sorrel Leaf Salad (103)	Baked Wheat Squares (131)		Orange and Nut Mousse (34)
SUNDAY	Radish and Cauliflower Cream Salad (100)	Wholemeal Bread	Butter	Baked Apple (16)

Second Week

MONDAY	Tomato and Cabbage Salad (107)	Potato and Cheese Pie (125)		Whole Apples
TUESDAY	Mixed Spinach Salad (105)	Corn Bread (120)	Butter	Raw Apricot and Nut Purée (17)
WEDNESDAY	Lemon Milk (165)	Wholemeal Bread	Apricot Squares (137)	Whole Oranges
THURSDAY	Carrots with Fines Herbes (72)	Ryecrisp	Curd Cheese	Chopped Pineapple
FRIDAY	Beetroot and Carrot Salad (67)	Fried Wholemeal Bread with Garlic	Walnuts	Grapefruit Baskets (28)
SATURDAY	Sour Milk with Raisins (176)	Wholemeal Bread		Raspberry and Orange Cup (39)
SUNDAY	Cucumber Rings and Onion Salad (79)	Frumenty (2) (131)	Sweet Cream	Raw Apple Purée (16)

Third Week

	Raw or Cooked Vegetables, Milk, etc. (Category II and V)	Cereal or Starch (Category III)	Protein, Fats, etc. (Category IV)	Raw or Cooked Fruits (Category I)
MONDAY	Green Pepper and Tomato Salad (85)		Rice Pyramids en Surprise (126)	Orange Baskets (34)
TUESDAY	Turnip and Watercress Salad (109)	Potato and Cheese Pie (125)		Raw Pear Compote (36)
WEDNESDAY	Sour Milk with Cucumber (177)	Wholemeal Bread	Fig Rolls (136)	Strawberry Cup (42)
THURSDAY	Cauliflower and Walnut Salad (73)	Frumenty (1) (131)	Sour Cream	Whole Grapes (27)
FRIDAY	Green Pea Salad (181)	Vitaweat	Plain Omelette (173)	Apple Soup (16)
SATURDAY	Fresh Milk with Cream (165)	Ryebread		Stoned Cherries (21)
SUNDAY	Chopped Lettuce Salad (91)	Fried Maize Cakes (120)	Curd Cheese	Orange Drink (34)

Fourth Week

MONDAY	Brussels Sprouts with Cream (69)	Wholemeal Bread	Walnuts with Dried Fruit (157)	Sliced Fresh Pineapple
TUESDAY	Lettuce and Orange Salad (91)	Crushed Wheat with Cheese (131)		Plum and Melon Salad (38)
WEDNESDAY	Cucumber Salad with Potato and Sour Cream (79)	Vitaweat		Fresh Apple Drink (16)
THURSDAY	Fresh Milk with Honey (165)	Wholemeal Bread	Sun-dried Fruit Salad (137)	
FRIDAY	Cauliflower Soup with Rice (74)	Ryecrisp		Grapefruit and Honey
SATURDAY	Watercress and Parsnip Salad (113)	Oatcakes (3) (122)	Fruit Omelette (174)	Whole Oranges
SUNDAY	Sour Milk with Mashed Potatoes (177)		Stuffed Dates (134)	Whole Grapes

(iii) SUMMER MENUS

First Week

	Raw or Cooked Vegetables, Milk, etc. (Category II and V)	Cereal or Starch (Category III)	Protein, Fats, etc. (Category IV)	Raw or Cooked Fruits (Category I)
MONDAY	Asparagus Fingers (66)	Wholemeal Bread	Eggs in Layers (173)	Cherry Cup (21)
TUESDAY	Cauliflower au Gratin (74)	Vitaweat	Butter	Strawberry Cup (42)
WEDNESDAY	Cucumber Soup (80)	Wholemeal Bread	Cheese Omelette (174)	Raw Blackberry and Grape fruit Cup (19)
THURSDAY	Mixed Vegetable Pie (111)	Vitaweat		Raspberries with Pears (40)
FRIDAY	Asparagus and Sour Cream Salad (65)	New Potatoes (124)	Almond Cream (146)	Nectarines with Oranges (33)
SATURDAY	Young Carrot and Cheese Salad (72)	Oven-baked Wheat Paste Bread (131)		Greengages with Banana (38)
SUNDAY	Fresh Milk with Honey (165)	Wholemeal Bread		Raw Red Currant and Mixed Berry Cup (23)

Second Week

MONDAY	Green Peas in Cream (181)	New Potatoes (124)	Stuffed Dates (134)	Raw Gooseberry Fool (25)
TUESDAY	Chopped Lettuce Salad (91)	Maize Polenta (120)	Cream	Fresh Loganberries
WEDNESDAY	Sour Milk Soup (177)	Wholemeal Bread		Melon and Strawberry Cup (32)
THURSDAY	Spinach with Onion Sauce (105)	Oatcakes (1) (122)	Honey	Stoned Cherries (21)
FRIDAY	Watercress and Parsnip Salad (113)	Wholemeal Bread	Butter	Mashed Plums (37)
SATURDAY		Vitaweat	Cheese Soufflé (170)	Strawberries with Sour Cream (42)
SUNDAY	Tomatoes au Gratin (108)	Fried Maize Cakes (120)		Raw Apricots with Apple (18)

Third Week

	Raw or Cooked Vegetables, Milk, etc. (Category II and V)	Cereal or Starch (Category III)	Protein, Fats, etc. (Category IV)	Raw or Cooked Fruits (Category I)
MONDAY		Vitaweat	Broad Bean Pie (178)	Melon with Ground Ginger (31)
TUESDAY	Sour Milk with Cucumber (177)	New Potatoes (124)		Raspberries with Pears (40)
WEDNESDAY	Cauliflower à l'Italienne (74)	Ryecrisp	Nut Balls (148)	Plum and Oatflake Dish (38)
THURSDAY	Green Pea Soup (182)	Wholemeal Bread	Baked Egg (172)	Gooseberry Compote (25)
FRIDAY	Lettuce and Orange Salad (91)	Cream of Green Corn Soup (119)	Butter	Strawberry Cup (42)
SATURDAY	Stewed Asparagus (66)	Wholemeal Bread	Curd Cheese	Cherries with Oatflakes (21)
SUNDAY	Raw Spinach Salad (104)	Oatflakes		Raspberry Custard (40)

Fourth Week

MONDAY	French Beans Anglaise (180)	Crushed Wheat with Cheese (131)	Butter	Raw Blackcurrants with Apple and Banana (23)
TUESDAY	Bread and Milk (165)		Honey	Plum and Melon Salad (38)
WEDNESDAY	Beetroot and Carrot Salad (67)	Fruit Bread (130)		Gooseberries in Batter (26)
THURSDAY	Cucumber Soup (80)	Wholemeal Bread	Cream	Filled Peaches (35)
FRIDAY	Simple Cabbage Salad (70)	New Potatoes (124)	Raisin Rings (141)	Raw White Currants and Raspberries (23)
SATURDAY	Carrot Rissoles (73)	Vitaweat	Curd Cheese with Radishes (168)	Greengages
SUNDAY	Mixed Spinach Salad (105)	Wholemeal Bread	Butter	Fresh Apricot Soufflé (18)

(iv) AUTUMN MENUS

First Week

	Raw or Cooked Vegetables, Milk, etc. (Category II and V)	Cereal or Starch (Category III)	Protein, Fats, etc. (Category IV)	Raw or Cooked Fruits (Category I)
MONDAY	Stachys and Tomato Salad Salad (77)	Ryecrisp	Baked Mushrooms (185)	Whole Peaches (without cream)
TUESDAY	Green Pepper and Tomato Salad (85)	Wholemeal Bread	Butter	Greengage Purée (38)
WEDNESDAY	Mashed Turnips (109)	Potatoes Italienne (124)	Curd Cheese	Grapes with Tangerines (27)
THURSDAY	Watercress and Parsnip Salad (113)	Wholemeal Bread		Fresh Loganberries and Cream
FRIDAY	Celery and Cucumber Salad (76)	Vitaweat	Mixed Nuts	Oranges Wholemeal Pancake (175)
SATURDAY	Mixed Vegetable Soup (111)	Eggs in Baked Potatoes (172)		Raw Apple and Orange Rings (16)
SUNDAY	Kohlrabi and Red Cabbage Salad (89)	Wholemeal Bread	Curd Cheese with Raisins and Nuts (169)	Whole Raw Pears (36)

Second Week

MONDAY	Seasoned Chicory (76)	Macaroni with Tomatoes and Cheese (132)		Raw Apple Purée (16)
TUESDAY	Cucumber and Sour Milk Salad (79)	Wholemeal Bread	Curd Cheese	Stewed Bilberries (19)
WEDNESDAY	Cream of Celery Soup (76)	Vitaweat		Raw Blackberry and Grapefruit Cup (19)
THURSDAY	Salsify Salad (101)	Corn Bread (120)	Baked Egg (172)	Peaches with Raspberries (35)
FRIDAY	Baked Beets (68)	Wholemeal Bread	Fig Rolls (136)	Raw Bilberries and Cream
SATURDAY	Mixed Salad with Turnip (109)	Baked Potatoes	Purée of Lentils (183)	Raw Pear Compote (36)
SUNDAY	Cos Lettuce Salad (91)	Maize Polenta (120)	Curd Cheese	Baked Pears (36)

Third Week

	Raw or Cooked Vegetables, Milk, etc. (Category II and V)	Cereal or Starch (Category III)	Protein, Fats, etc. (Category IV)	Raw or Cooked Fruits (Category I)
MONDAY	Celeriac and Swiss Cheese Salad (75)	Ryecrisp	Butter Beans with Tomatoes (187)	Raw Apple and Blackberry (Cup (16)
TUESDAY	Parsnip and Cabbage Salad (98)	Savoury Rice (126)		Whole Oranges
WEDNESDAY	Turnip and Watercress Salad (109)	Wholemeal Bread		Raw Apple Purée (16)
THURSDAY	Carrot Soup (73)	Baked Potatoes	Curd Cheese	Pineapple and Fruit Plate (59)
FRIDAY	Celery and Cucumber Salad (76)	Vitaweat	Date and Banana Sandwich (135)	Halved Tangerines (34)
SATURDAY	Simple Cabbage Salad (70)	Wholemeal Bread	Omelette Paysanne (173) Butter	Baked Stewed Apple with Honey (16)
SUNDAY	Beetroot and Carrot Salad (67)	Ryecrisp	Fried Cheese (169)	Raw Fresh Figs and Apple (25)

Fourth Week

MONDAY	Whole Barley and Vegetable Pie (111)		Curd Cheese	Grapefruit and Date Compote (28)
TUESDAY	Lettuce and Orange Salad (91)	Potatoes Bretonne (124)		Raw Bilberries with Shredded Apple (19)
WEDNESDAY	Leek Soup (90)	Wholemeal Bread	Plain Scrambled Eggs (173)	Peeled Whole Greengages
THURSDAY	Cabbage and Apple Salad (70)	Rolled Oat Flapjacks (122)		Baked Apples (16)
FRIDAY	Chicory, Tomato and Cress Salad (77)	Wholemeal Bread	Lentil Cheese Cutlets (183)	Raw Pear Compote (36)
SATURDAY	Baked Jerusalem Artichokes (88) Tomato and Cabbage Salad (107)		Curd Cheese	Sliced Pineapple
SUNDAY	Endive, Parsnip and Leek Salad (82)	Maize Polenta (120)	Parmesan Cheese	Blackberry Pudding (20)

iii

SIMPLE GENERAL MENUS COMPOSED OF UNFIRED FRUITS AND VEGETABLES, COOKED CEREALS AND STARCHES, AND FRESH DAIRY PRODUCTS

WEEKLY MENU No. 1

MONDAY	*Lunch:*	Sour milk, wholemeal bread, oranges.
	Supper:	Tomato and cucumber salad, onion, oil, lemon, wholemeal bread.
TUESDAY	*Lunch:*	Dried figs soaked in fresh milk, oatflakes, fruit salad.
	Supper:	Wholemeal bread, butter, spring onion or green pepper, juicy fruit.
WEDNESDAY	*Lunch:*	Wholemeal bread, fresh raw milk, honey, sweet fruit.
	Supper:	Mixed salad dressed with cream, brown rice, fruit.
THURSDAY	*Lunch:*	Buttermilk, maize bread, fruit.
	Supper:	Rye bread, cream, honey, strawberries.
FRIDAY	*Lunch:*	Fried egg, garlic, wholemeal toast, fruit or salad.
	Supper:	Dates, almonds, fresh fruit salad.
SATURDAY	*Lunch:*	Sour milk with sliced cucumber, wholemeal bread.
	Supper:	Maize polenta, cheese, onion, dill, oil, fruit juice.
SUNDAY	*Lunch:*	Omelette with oatflakes, small mixed salad with onion, oil, lemon juice, fresh fruit.
	Supper:	Fresh fruit salad, sour cream, wholemeal bread.

WEEKLY MENU No. 2

MONDAY	*Lunch:*	Ground nuts, cream, raisins, large juicy fruit salad.
	Supper:	Yolk of eggs fried in oil, fried wholemeal bread, onion, mixed vegetable salad.
TUESDAY	*Lunch:*	Curd cheese, radishes, bread, juicy fruit.
	Supper:	Wholemeal bread, onion, oil, glass of whey, juicy fruit.
WEDNESDAY	*Lunch:*	Egg soufflé, wholemeal bread, leek, juicy fruit.
	Supper:	Wholemeal bread, sour milk, onion, orange.
THURSDAY	*Lunch:*	Fresh, raw milk, puffed cereal or shredded wheat, fresh figs or sweet pear.
	Supper:	Lettuce with lemon juice and honey, wholemeal bread, butter, fruit juice.
FRIDAY	*Lunch:*	Raisins soaked in fresh milk, nuts, bananas, fresh fruit salad.
	Supper:	Wholemeal bread, butter, cottage cheese, onion, apple.
SATURDAY	*Lunch:*	Turnip, sour milk, wholemeal bread.
	Supper:	Fried eggs, baked potatoes, onion, juicy fruit.
SUNDAY	*Lunch:*	Maize cakes made with milk, salad of mixed vegetables, fruit juice.
	Supper:	Buttermilk, bread, fruit.

NOTE.—The approximate amounts of the various classes of food to be taken in any one day are as follows:

Milk, sour milk, buttermilk, whey	14 -20 oz. (¾-1 pint)
Butter	2 - 3 oz.
Cheese (curd or cottage)	4 - 6 oz.
Cream (fresh or sour)	3 - 5 oz.
Eggs	3 - 4 oz.
Fresh fruit or fruit juices	18 -24 oz.
Salads and vegetables	14 -20 oz.
Cereals and starches	6 -10 oz.
Nuts	1½- 3 oz.
Dried fruits, honey	2 - 4 oz.

Milk and liquid milk products are in the same food category as salads and raw vegetables. Therefore, when a menu contains both milk and salad, about half the above amounts of each should be taken, viz.: 6-10 oz.

iv

SIMPLE MENUS FOR GENERAL USE EXCLUSIVELY COMPOSED OF UNFIRED FRUITS AND VEGETABLES, AND COOKED CEREALS AND STARCHES ARRANGED ACCORDING TO SEASON

(No Milk Products)

WINTER

MONDAY	*Lunch:*	Oatflakes soaked in orange juice, prunes soaked in water, nuts, juicy fruit.
	Supper:	Mixed salad, oil, lemon, onion, wholemeal bread, juicy fruit.
TUESDAY	*Lunch:*	Nuts, honey, wholemeal bread, apples.
	Supper:	Tomato, cabbage and carrot salad, onion, oil, lemon, wholemeal bread.
WEDNESDAY	*Lunch:*	Dates, almonds, apples, oranges, vitaweat.
	Supper:	Bread, onion, oil, grapefruit.
THURSDAY	*Lunch:*	Bananas, dates, hazelnuts, apples, tangerines.
	Supper:	Wholemeal bread fried in oil, garlic, cabbage salad with lemon juice, oranges.
FRIDAY	*Lunch:*	Soaked apricots, honey, ground peanuts, wholemeal bread, juicy fruit.
	Supper:	Boiled whole rice, oil, onion, herbs, fruit salad.
SATURDAY	*Lunch:*	Brown toast, salad, oil, onion, lemon, apple.
	Supper:	Baked potatoes, onion, oil, bran, salad, juicy fruit.
SUNDAY	*Lunch:*	Maize polenta, tomatoes, onion, dill, oranges and grapefruit.
	Supper:	Mixed fruit salad, raisin bread, almonds.

SPRING

MONDAY	*Lunch:*	Spring onion, oil, wholemeal bread, juicy fruit.
	Supper:	Lettuce with lemon and honey, nuts, vitaweat, orange.
TUESDAY	*Lunch:*	Raisins, almonds, oatflakes, grapefruit.
	Supper:	Spring salad with onion, oil, lemon juice, wholemeal bread, fruit juice.
WEDNESDAY	*Lunch:*	Boiled rice, oil, onion, lettuce salad, orange.
	Supper:	Bananas, juicy fruit salad, dates, nuts.
THURSDAY	*Lunch:*	Honey, wholemeal bread, ground nuts, orange and grapefruit juice.
	Supper:	Rye bread, spring onion, oil, small salad, apple.
FRIDAY	*Lunch:*	Lettuce and tomato salad with herb dressing, wholemeal toast, nut butter, fruit juice.
	Supper:	Large fruit salad with ground almonds and chopped figs.
SATURDAY	*Lunch:*	Turnips, with wholemeal bread and oil, spring onion, apple and orange.
	Supper:	Soaked prunes, oatflakes or puffed wheat, walnuts, juicy fruit.
SUNDAY	*Lunch:*	Fried maize cakes, spring salad, fruit in season.
	Supper:	Sour milk, spring onion, wholemeal bread, orange.

SUMMER

MONDAY	*Lunch:*	Tomato salad with onion, oil, lemon juice and herbs, wholemeal bread, cherries.
	Supper:	Strawberries with honey, oatflakes, nuts.
TUESDAY	*Lunch:*	Mixed summer fruit salad, wholemeal bread, dried fruit and nut sweetmeat.
	Supper:	Cucumber salad with herb dressing, wholemeal bread, fruit juice.
WEDNESDAY	*Lunch:*	Apricots, wholemeal bread.
	Supper:	Summer salad with young, raw, green peas, nut oil, lemon juice, herbs, ryecrisp, melon.
THURSDAY	*Lunch:*	Tomato and beetroot salad, with onion, etc., wholemeal bread, fresh fruit.
	Supper:	Large fruit salad of summer fruits, honey.
FRIDAY	*Lunch:*	Sour cucumber (unsalted), oil, onion, wholemeal bread.
	Supper:	Sweet pepper, wholemeal bread, oil, peaches.
SATURDAY	*Lunch:*	Fruit salad, nuts, dates.
	Supper:	Maize polenta, tomatoes, oil, onion, fruit juice.
SUNDAY	*Lunch:*	Fried wholemeal bread, garlic, lettuce and tomato salad, oil, lemon juice, fresh fruit.
	Supper:	Raspberries and currants, honey, oatflakes, almond milk.

AUTUMN

MONDAY	*Lunch:*	Wholemeal bread, honey, ground nuts, plums.
	Supper:	Tomato and root salad with oil, lemon, herbs, wholemeal bread, fruit juice.
TUESDAY	*Lunch:*	Grapes, wholemeal bread.
	Supper:	Walnuts, apples, bread, honey.
WEDNESDAY	*Lunch:*	Plums or greengages, apples, dates, almonds.
	Supper:	Maize bread, oil, onion, autumn salad.
THURSDAY	*Lunch:*	Tomatoes, oil, bread, fruit juice.
	Supper:	Grapes or plums, wholemeal bread, honey.
FRIDAY	*Lunch:*	Apple juice, oatflakes, ground nuts, raisins.
	Supper:	Oranges, wholemeal bread, nut butter, figs.
SATURDAY	*Lunch:*	Large mixed salad, wholemeal bread, fruit juice.
	Supper:	Oranges, grapes, apple, dates, hazelnuts.
SUNDAY	*Lunch:*	Baked potatoes, oil, onion, tomatoes, fresh fruit.
	Supper:	Walnuts, wholemeal bread, grapes.

NOTE.—The approximate amounts of the various classes of food to be taken in any one day are as follows:

Fresh fruit and fruit juices	18 -24 oz.
Salads and vegetables	14 -20 oz.
Cereals and starches	6 -10 oz.
Nuts	1½- 3 oz.
Dried fruits, honey	2 - 4 oz.

V

MENUS IN ACCORDANCE WITH THE STANDARD DAILY RATION

(See page 240)

MENU No. 1

Lunch: Apples 12 oz., oranges 8 oz., dates 2 oz., grated nuts 1½ oz., oatflakes (soaked overnight in water) 1½ oz.

Supper: Tomatoes 8 oz., lettuce 5 oz., carrots 4 oz., onion ½ oz., dill ¼ oz., parsley ¼ oz., olive oil 1½ oz., lemon juice ½ oz., germinated wheat paste 3 oz.

MENU No. 2

Lunch: Strawberries 12 oz., melon 8 oz., dried figs 2 oz., ground almonds 1½ oz., wheatflakes or puffed wheat 1½ oz.

Supper: Cucumber 8 oz., chopped spinach 5 oz., parsnip 4 oz., leek ½ oz., mint ¼ oz., celery leaf ¼ oz., lemon juice ½ oz., peanut oil 1½ oz., germinated wheat paste 3 oz.

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MODIFIED STANDARD DAILY RATION : SPECIMEN MENUS

1. Less concentrated Salad, more Oil

Lunch: Grapefruit 12 oz., green figs 8 oz., raisins 2 oz., hazelnuts 1½ oz., oatflakes or puffed rice 1½ oz.

Supper: Tomatoes 10 oz., cabbage 4 oz., turnip 3 oz., shallot ½ oz., herbs ½ oz., nut oil 2 oz., lime ½ oz., germinated wheat paste 3 oz.

2. As above, with Wholemeal Wheat or Rye Bread in place of Germinated Wheat Paste

Lunch: Acid fruit 12 oz., sweet fruit 8 oz., currants 2 oz., almonds 1½ oz., oatflakes 1½ oz.

Supper: Juicy vegetable 10 oz., leafy vegetable 4 oz., root vegetable 3 oz., onion ½ oz., herbs ½ oz., lemon juice ½ oz., oil ½ oz., wholemeal bread 5 oz.

3. Banana in place of Flaked Cereal

Lunch: Plums 12 oz., apples 8 oz., prunes (soaked overnight) 2 oz., nuts 1½ oz., bananas 6 oz.

Supper: Tomatoes 10 oz., celery 4 oz., beetroot 3 oz., onion ½ oz., herbs ½ oz., oil 2 oz., lemon juice ½ oz., germinated wheat paste 3 oz., or wholemeal bread 5 oz.

4. Sour Milk in place of Salad and Oil

Lunch: Apricots 10 oz., apples 10 oz., dates 2 oz., nuts 1½ oz., oatflakes 1½ oz.

Supper: Sour milk 20 oz. (1 pint), onion ½ oz., herbs ½ oz., wholemeal bread 5 oz.

5. Dried Fruit replaced by Honey

Lunch: Cherries 20 oz., honey 2 oz., ground nuts 1½ oz., oatflakes 1½ oz.

Supper: Cucumber 10 oz., lettuce 4 oz., radishes 3 oz., onion ½ oz., herbs ½ oz., oil 2 oz., lemon juice ½ oz., wholemeal bread 5 oz.

6. Germinated Wheat Paste replaced by Baked Potatoes

Lunch: Pears 12 oz., oranges 8 oz., dates 2 oz., peanuts 1½ oz., wheatflakes 1½ oz.

Supper: Tomatoes 10 oz., cauliflower 4 oz., turnip 3 oz., chives ½ oz., parsley ½ oz., peanut oil 2 oz., lemon juice ½ oz., baked potatoes 7 oz.

7. Standard daily ration with added Curd Cheese or Eggs and smaller Salad

Lunch: Grapes 20 oz., dried apricots 2 oz., almonds 1½ oz., puffed cereal 1½ oz.

Supper: Cucumber 8 oz., celery 4 oz., carrots 3 oz., condiments 1 oz., olive oil 1½ oz., lemon juice ½ oz., wholemeal bread 5 oz., curd cheese 6 oz. or fried eggs (two) 4 oz.

8. Germinated Wheat Paste replaced by Maize Polenta; Salad replaced by Sour Milk

Lunch: Raspberries 12 oz., apples 8 oz., raisins 2 oz., nuts 1½ oz., oatflakes 1½ oz.

Supper: Sour milk 20 oz., onion ½ oz., dill ½ oz., maize polenta 6 oz.

PART III

SOIL, FOODS AND MAN

Chapter 13

DIET AND AGRICULTURE

"THE production of healthy fruits, vegetables and cereals," writes Dr. Székely in *Medicine To-morrow*, "is the foundation of health and of natural medicine. If our fruits and vegetables are deficient and unwholesome, the whole therapy and diet are illusory." That many fruits and vegetables (and also cereals and milk products) are deficient and unwholesome, there can be no doubt. There is a deep crisis in agriculture, which is just beginning to be apparent. Sir Albert Howard, who was formerly Director of the Institute of Plant Industry at Indore in Central India, writes: "Everywhere fertility has gone and with it health and security for plant, animal and human life. The 'medicine cupboard' of poison sprays and dope now necessary to rear an eatable potato, a sound tomato, a wholesome bunch of grapes, tells it own tale, which finds corroboration in the frequent and unaccountable epidemics of foot and mouth disease that sweep from time to time across Europe, the fantastic sicknesses of poultry, the very complexity of veterinary work at the present time. None of this spells health, and clearly man, who is literally 'created out of the earth' and feeds upon both plant and animal, is unlikely to escape in the long run. That he does not in fact escape is evidenced by the widespread and alarming reports of malnutrition, of maladjustments both grave and trifling, of complex little-understood conditions of bodily and mental inefficiency and of increasing susceptibility to disease."

Sir Albert Howard discovers the cause of these maladies of plants, animals and men in the abandonment of the natural cycle of agriculture: animal and vegetable waste—soil—plant—food—(animal)—man. His work on plant nutrition and his discovery of the principles of treating the soil so as to ensure that the natural cycle is complete are important contributions not only to agricultural science,

but also to the science of human feeding. The method which he has developed for treating the soil is known as the "Indore Process," and is fully described in *The Waste Products of Agriculture*, a book written by him and Y. D. Wad.

Similar in practice, though somewhat different and more all-embracing in theory, is the bio-dynamic system of agriculture developed by the late Rudolf Steiner and co-workers of the institute which he founded at Dornach, in Switzerland. This system, like the "Indore Process," aims at the maintenance by natural means of "a just balance between soil and vegetation and an adequate reserve of humus," but also takes into account a number of other factors, neglected by modern agricultural science, though known to certain civilisations of antiquity, notably the Persians.

There can be no doubt that many people to-day are suffering from dietetic deficiences due to depleted soils in which the foods are raised. In particular, the foods are poor in the organic mineral salts which play a very important part in human metabolism. Conversely, they often contain considerable quantities of foreign mineral matters (in inorganic state), through having been sprayed with chemicals or through having been grown in soil fertilised with artificial manures.

It is comforting to think that medical opinion is becoming aware of this additional menace to the public health. The Local Medical and Panel Committees of the County Palatine of Chester, early in 1939, issued a *Medical Testament* in which they recognise the necessity of a complete and wholesome food supply as a means to health. They refer to the work of Sir Albert Howard in this connection, and link his discoveries with the researches of Sir Robert McHarrison in the field of nutrition. The essential unity of the problem of health is also vividly shown by Dr. G. T. Wrench in his recent book *The Wheel of Health*, where he correlates the work of Sir Robert McHarrison and Sir Albert Howard. The result is a most fascinating and illuminating volume.

It is with these agricultural considerations in mind, therefore, that the reader must pass to the perusal of the

Table of Natural Foods given in the following chapter. The chemical constitution of any given fruit or vegetable is not something static and rigid, applicable to every specimen of that species. Tomatoes, for instance, may differ widely amongst themselves in mineral content, wealth of vitamins, proportion of carbohydrates, fat, protein, etc., depending on the soil in which they were produced and on the methods of cultivation adopted. Hereditary factors also play a part.

The *Tables* provide a general picture of the relative food value and physico-chemical make-up of some two hundred foods. The figures are necessarily approximate and are chiefly intended to show the close relation existing between the composition of the human body and its various organs and that of the fruit, vegetables, cereals, and animal products which form that body's food. The *Table* can also be used therapeutically to calculate what foods are most suited by their constitution and mineral content to supply deficiencies in the cellular structure of any part of the human organism. Naturally, diagnosis is requisite to establish the existence and degree of any such lack.

The restoration of a healthy agriculture will be a task requiring many years for its completion. In the meantime, we can take care to grow our own fruits and vegetables in a natural and wholesome way, and can put all pressure to bear on those who supply our foods that they, too, shall adopt right methods. A beginning will thus be made in what is perhaps the most fundamental problem of human health.

Chapter 14

A TABLE OF NATURAL FOODS

THE science of dietetics is of comparatively recent origin. There are certain clearly defined stages in its history. The first thing to be established was the body's need for protein, fat and carbohydrates. This requirement was made the foundation of nutrition and no attention was paid to any other factor. Next came the measurement of the energy value of foods by means of the calorimeter. The calorie theory became the exclusive basis of dietetics and its influence still lingers in official circles—despite its patent absurdity. To equate the human organism, and its complicated nutritive processes, with a calorimeter is ridiculous. The human body is more comparable to an accumulator which requires electrical energies to charge it than to a species of furnace consuming fuel.

The beginnings of a more adequate dietetics are marked by the discovery of the importance of the organic mineral salts and of the so-called vitamins. Unfortunately, the whole approach to nutrition is a negative one. It is regarded from the standpoint of disease, not from that of health. Hence, the official "optimal diet," as laid down by the League of Nations' Commission, is one containing certain "minimal" requirements of mineral salts, vitamins, etc. The classical science of nutrition is satisfied if there are no detectable signs of malnutrition.

Unofficial dietetics, represented by workers such as Carqué in the United States, Bircher-Benner in Switzerland, and Székely in Europe, the United States and a number of tropical regions, have laid the foundations of a positive, natural dietetics, which takes many hitherto neglected factors into consideration.

Official dietetics does little more than make a catalogue of the present artificial foods of man and to analyse their contents from a chemical (and to some extent from a physical) point of view. In practice it declares: "Eat what-

ever you like, whether animal, vegetable or mineral, provided you include in your ration a prophylactic dose of vitamins and minerals, contained in the so-called 'protective' foods." It fails to ask the important preliminary question whether man is biologically a carnivore, an omnivore, or is herbivorous or fruitarian. Biology answers emphatically that he is the latter.

Evolution shows us that man and fruit evolved side by side, and that fruits, the highest form of vegetation, are the food most perfectly adapted to man, the culminating point of earthly evolution. Archæology and anthropology declare that man in ante-diluvian times was a fruit- and nut-eating creature living close to nature in semi-tropical surroundings. It is only comparatively recently (after the disaster known as the "Flood") that our ancestors turned to an inferior, omnivorous way of life. The consequences of this change are the hundreds of diseases which now afflict mankind and its steady biological decay.

Our ancestors, before they reached the stature of manhood, were herbivorous. It is for this reason that there is a place in the diet for vegetables, which are the cultivated equivalent of herbs and grasses. Milk and its products, eggs and honey are simply concentrated extracts of vegetable matter. Provided the producing animal is healthy and fed on wholesome foods, the product, too, will be of good quality. Cereals are a more concentrated form of vegetable, and are important foods in cold climates and for those who do much muscular work. They have played a large part in human nutrition in all civilised regions and their importance is specially great to-day, having regard to their relative cheapness. But it is extremely necessary that this staple food should be of the finest quality possible, so that the people's bread may indeed represent the "staff of life." The refined wheaten flour, cornmeal and rice of our civilisation cannot assure the health and vitality of those who consume them regularly. Their manufacture and sale are ghastly crimes against humanity and it is to be hoped that the perpetrators will one day be brought to the bar of cosmic, if not of social, justice.

Of all foods, meat and fish are the least suited for human

consumption. Our digestive apparatus is ill-designed to deal with substances which putrefy with great rapidity. And even if meat were a food for man, it would only be so in its raw state, when its value is unimpaired by cooking. The application of heat destroys the albumen and develops various harmful fermentative processes. The protein of meat can be perfectly well replaced by the animal protein of cheese and eggs, and by the vegetable protein of nuts and legumes. The experiments initiated by Hindehede, in Denmark, during the European War of 1914-18, have demonstrated the improvement of public health that is to be looked for when the population live on a reduced protein diet and on one in which refined white flour is replaced by a whole grain product, from which the bran, containing most of the vitamins and salts, has not been removed.

The *Table of Foods* given on pp. 226-234 is the work of Dr. Edmond Székely, and is reprinted from *Medicine To-morrow*. His researches represent, we think, a great advance on what has previously been known about human nutrition, and we have based this book on his discoveries.

Instead of classifying foods according to their content of protein, fat and carbohydrates, or according to their caloric content, or even according to whether they are acid-forming (like cereals, legumes, nuts, cheese, etc., when taken in excessive amount) or alkaline in reaction (most fruits and vegetables), Dr. Székely divides them into five categories, arranged in order of their importance in human nutrition.

Category I consists of raw juicy fruits, which are the highest food of man and the richest in vitalising properties. They represent a synthesis of the radiations of sun, air, earth and water in most perfect form. In the language of official science, they are the richest in vitamins. Fruits also supply the best water for the organism. Their liquid content corresponds very closely to that of the human system. In addition to organic mineral salts, they contain small but by no means negligible quantities of protein, fat and carbohydrates.

The second category consists of raw vegetables, including both those generally regarded as salad vegetables and those habitually cooked. All of them can be eaten raw if suitably

prepared by grating or shredding. Vegetables are complementary to fruits; they also correspond to the liquid content of the organism and are rich in minerals. For evolutionary motives, the body is not satisfied with an exclusive diet of fruits, but requires the more consistent qualities of vegetables as well. Milk and liquid milk derivatives are placed in the same class as vegetables, as they are really so much vegetable matter elaborated in the internal organs of the cow, sheep, goat, etc. Whereas fruits should constitute from 40-50 per cent of the diet, vegetables take second place with from 30-35 per cent.

The third category is made up of cereals and those vegetables which resemble them in nutritive value, notably the potato and sweet potato and various tropical products such as the banana, breadfruit, taro, cassava, yam and sago. They should constitute from 10-20 per cent of the daily ration, according to age, activity, climate, etc. If taken in excessive amounts, these foods are acid-forming and lay the foundations of a diseased condition.

Category IV contains dried fruits, nuts, sugars and honey, concentrated animal products (cheese, cream, butter, eggs) and various oily fruits and seeds (olive, sunflower, avocado, etc.). These foods are the most concentrated and nutritive, and from 5-10 per cent is a sufficient proportion in the diet.

Finally, in the fifth category are placed the legumes and edible fungi which all (with the exception of very young peas and beans) require some degree of cooking. This class also covers a few less known vegetables which are generally cooked, though they can be eaten raw. All the foods of this category are really ones which have not yet sufficiently evolved to be eaten as they are. Their minerals are in some cases only semi-organic. For this reason they should form the exception and not the rule in the diet. No great harm will come to the healthy if they are eaten once or twice a week. They should be cooked in such a way that the maximum vitality is conserved.

Though it does not appear on the *Table*, there is a sixth category—the poisons, consisting of meats, game, fish, crustacea, alcohol, tea, coffee, chocolate, vinegar, salt, tinned foods, chemicalised foods, refined cereals, white

sugar, etc. All these substances are totally unnecessary and their consumption is responsible for a great deal of preventable disease and suffering. For all of them wholesome substitutes can be found among the long list of natural foods. Instead of meat and fish, we have cheese, eggs and legumes. Fresh fruit juices are just as refreshing as alcohol, tea and coffee. Brown bread is health-giving and tastes better than white; honey or, failing that, raw sugar makes white sugar superfluous. And why use tinned, chemicalised foods when fresh fruits and vegetables are always and everywhere obtainable? The chief reason for the use of canned products is laziness and indifference.

The foods included in the *Table* are those most commonly met with in practice. But there are many more natural foods available. Some of these are described and discussed in Part I of this volume.

TABLE OF NATURAL FOODS IN FIVE CATEGORIES

With Their Physico-Chemical Constitution

(*Pages* 226—234)

TABLE OF NATURAL FOODS IN FIVE CATEGORIES

With Their Physico-Chemical Constitution

REFERENCE No.	NAMES OF PARTS OF BODY AND OF FOODS	IMPONDERABLE COSMOVITAL FORCES			AVERAGE CHEMICAL COMPOSITION PER CENT					COMPOSITION OF MINERAL MATTER IN 1,000 PARTS OF WATER FREE SUBSTANCE											
										ACID BINDING ELEMENTS					ACID FORMING ELEMENTS						
		PREDOMINANT RADIATIONS	PREDOMINANT VITAMINS	CALORIES Per 100 Grams	WATER	PROTEIN	FAT	CARBOHYDRATES (SUGAR, STARCH)	MINERAL MATTER	POTASSIUM K_2O	SODIUM Na_2O	CALCIUM CaO	MAGNESIUM MgO	IRON Fe_2O_3	PHOSPHORUS P_2O_5	SULPHUR SO_3	SILICON SiO_2	CHLORINE	FLUORINE	TOTAL
	CONSTITUTION OF THE HUMAN BODY AND ITS PARTS																				
	HUMAN BODY, WHOLE	HR	ABCDE	—	60.00	19.00	15.00	1.00	5.00	3.30	3.00	70.50	2.15	0.70	32.15	4.10	1.00	7.00	1.10	125 00
	RED BLOOD CORPUSCLES	"	"	"	68.78	30.20	—	—	1.02	13 81	5 87	0 55	0 30	5.00	3.50	0.28	0.01	5.68	—	35 00
	BLOOD PLASMA	"	"	"	90.00	9.00	—	0.15	0.85	3.30	36.75	3.20	2.35	—	1.75	1.45	0.22	36.20	—	85 22
	BLOOD SERUM	"	"	"	90.75	8.24	—	0.15	0.86	3.60	41 80	3.50	2 45	—	1.60	1.55	0.22	40.00	—	94 72
	LYMPH	"	"	"	94.82	4.00	0.40	0.05	0.73	3 93	57 88	1.17	0 31	0.06	1.32	—	0.50	54.75	—	119 92
	LUNGS	"	"	"	79.25	15.20	3.65	—	1.90	1.24	24.70	1 80	3.04	0.30	46.07	1.32	0.36	6.17	—	85 00
	BRAIN	"	"	"	81.10	8.50	9.30	—	1.10	19.50	6.80	0.40	0.70	0.16	27.30	0.42	0.07	4.35	—	59 70
	LIVER	"	"	"	71.55	20.00	3.65	3.25	1.55	13.90	7.90	1.97	0.11	1.44	27.30	0.50	0.14	1.26	—	54 52
	SPLEEN	"	"	"	76.14	17.10	4.20	1.00	1.56	6.12	28.26	4.77	0.30	4.64	17.26	1.55	0.11	0.35	—	63 36
	BILE	"	"	"	89.00	—	—	—	0.85	2.88	30.35	0.85	0 32	0.14	6.27	3.83	0.21	15.06	—	59 91
	BONES, FRESH	"	"	"	Water and fat-free substance					—	—	240.00	8 00	10.00	345 00	—	—	12.00	15 00	630 00
	MUSCLE TISSUE, FRESH	"	"	"	75.50	18.70	3.70	1.00	1.10	18.00	2.80	0.40	1.80	0.20	22.00	0.60	0.40	2.80	—	49 00
	HUMAN MILK	"	"	66	87.75	1.60	3.95	6.25	0.45	11.73	3.16	5.80	0.75	0.07	7.84	0.33	0.07	6.38	—	36 13
	CATEGORY I — 50% OF THE DAILY RATION — RAW JUICY FRUITS — STRONGLY ELIMINATIVE FOODS	CR	BE																	
	GROUP A																			
1	APPLE	CR	BE	61	85.60	0.40	0.50	13.00	0.50	11.78	8.61	1.35	2.89	0.46	4.52	2.01	1.42	—	—	33.04
2	PEAR	"	"	63	84 40	0.60	0 50	14.10	0.40	14 00	2.17	2.05	1.52	0.25	3 90	1 45	0 38	—	—	25.72
3	PEACH	"	"	65	89 32	0 70	0.10	9.40	0.48	20 90	3.00	4.60	1.35	0.50	6 05	3 50	—	0 80	—	40.70
4	APRICOT	"	"	61	84.70	1.42	—	13 34	0.54	19 68	3.76	1.08	1.22	0 26	3 76	0.92	2 80	0 20	—	33.58
5	PLUM	"	"	76	78 40	1.00	—	20.00	0.60	16 45	0.15	2.78	1.53	0 90	4.17	1 03	0 68	—	—	27.69
6	PRUNE, FRESH	"	"	40	82 00	0.80	—	16 50	0.70	18.28	3.41	4.34	1.36	0.94	6.03	1.21	1.19	0 15	—	36.91
7	NECTARINE	"	"	39	82.90	0.60	—	15.90	0.60	—	—	—	—	—	—	—	—	—	—	-

	GROUP B																		
	STRAWBERRY	SR	BE	44	89.90	1.00	0.60	7.70	0.80	13.72	18.53	9.23	—	3.73	7.97	2.05	7.83	1.10	—	64.16
9	RASPBERRY, BLACK	,,	,,	62	84.10	1.70	1.00	12.60	0.60	—	—	—	—	—	—	—	—	—	—	—
10	RASPBERRY, RED	,,	,,	62	88.70	1.00	—	9.70	0.60	16.50	1.90	3.15	1.75	0.05	4.50	11.50	—	2.90	—	42.25
11	HUCKLEBERRY	,,	,,	55	81.00	0.80	0.60	16.60	1.00	26.44	3.00	3.70	2.82	0.50	8.05	1.44	0.42	—	—	46.37
12	CURRANT, RED	CR	,,	61	87.95	0.30	—	11.30	0.45	12.10	0.04	1.46	0.95	0.03	2.17	7.95	—	0.35	—	25.05
13	CURRANT, WHITE	,,	,,	61	85.56	0.40	—	13.60	0.44	16.90	0.16	0.29	0.45	0.05	1.40	3.95	—	0.30	—	23.50
14	CURRANT, BLACK	,,	,,	61	79.79	1.00	—	18.70	0.51	13.70	0.13	0.60	0.75	0.04	2.27	4.73	—	0.08	—	22.30
15	BLACKBERRY	SR	,,	42	86.35	1.30	1.00	10.90	0.45	17.90	0.60	7.95	4.75	0.05	6.20	0.90	—	1.80	—	40.15
16	GOOSEBERRY	CR	,,	55	90.70	0.50	—	8.40	0.40	11.22	2.87	3.54	1.70	1.32	5.71	1.71	0.75	0.22	—	29.04
17	CRANBERRY	SR	,,	—	90.20	0.40	0.60	8.40	0.40	9.00	0.03	10.15	0.90	0.04	1.60	14.20	—	0.03	—	35.95
18	MULBERRY	CR	,,	38	84.70	0.40	—	14.30	0.60	—	—	—	—	—	—	—	—	—	—	—
19	MEDLAR	,,	,,	103	82.10	0.50	0.30	16.50	0.60	—	—	—	—	—	—	—	—	—	—	—
20	MIRABELLE	,,	,,	32	85.34	0.60	—	13.60	0.46	13.50	1.80	1.40	1.20	0.35	4.80	1.05	—	0.15	—	24.25
21	RHUBARB (JUICE)	SR	,,	18	94.40	0.60	0.70	3.60	0.70	74.50	6.45	12.55	—	1.84	18.41	2.34	3.46	6.81	—	126.36
22	GRAPE	CR	,,	40	78.20	1.30	1.25	18.60	0.65	18.75	0.40	2.70	1.25	0.45	4.00	1.50	0.60	0.35	—	30.00
23	CHERRY	,,	,,	77	80.80	1.00	0.80	16.70	0.70	17.94	0.76	2.60	1.90	0.70	5.54	1.76	3.11	0.48	—	34.59
24	POMEGRANATE	,,	,,	7	79.50	1.50	1.60	16.80	0.60	8.00	12.25	1.65	0.90	0.06	2.50	0.20	—	0.34	—	25.90
25	FIG, FRESH (BLACK)	,,	,,	81	79.00	1.50	0.20	18.70	0.60	—	—	—	—	—	—	—	—	—	—	—
26	WATERMELON	SR	,,	32	92.30	0.50	0.20	6.70	0.30	18.00	3.75	4.00	2.10	1.75	5.60	2.10	1.60	1.10	—	40.00
27	MUSKMELON	,,	,,	30	91.60	0.60	—	7.20	0.60	—	—	—	—	—	—	—	—	—	—	—
	GROUP C																			
28	LEMON	CR	,,	44	89.30	1.00	0.70	8.50	0.50	22.54	0.84	12.75	2.09	0.20	5.25	1.25	0.31	0.18	—	45.41
29	LIME	,,	,,	44	97.61	0.83	—	0.58	0.98	28.38	—	5.17	1.56	—	5.70	2.24	—	2.65	—	45.70
30	ORANGE	,,	,,	51	86.90	0.80	0.20	11.60	0.50	18 62	0.95	8.65	2.03	0.38	4.70	2.00	0.25	0.29	—	37.87
31	GRAPEFRUIT	,,	,,	48	91.68	0.56	—	7.37	0.39	13.20	—	2.20	1.20	0.38	3.32	1.00	—	0.40	—	21.70
32	MANGO	,,	,,	80	88.60	0.60	0.40	9.90	0.50	18.95	—	2.55	0.64	—	2.60	1.47	—	1.55	—	27.76
33	PAPAYA	,,	,,	4	88.59	0.50	0.05	10.30	0.56	—	—	—	—	—	—	—	—	—	—	—
34	PERSIMMON	,,	,,	—	67.90	0.80	0.70	29.70	0.90	—	—	—	—	—	—	—	—	—	—	—
35	PINEAPPLE	SR	,,	159	89.30	0.40	0.30	9.70	0.30	12.55	2.20	3.10	2.10	0.40	1.40	4.15	—	2.70	—	28.60
36	CUSTARD APPLE (CHERIMOYA)	CR	,,	—	89.80	—	—	9.16	1.04	18.40	—	0.81	0.25	—	2.43	1.67	—	2.74	—	26.30
37	CACTUS FRUIT	,,	,,	—	82.90	1.40	1.30	11.70	2.70	—	—	—	—	—	—	—	—	—	—	—
38	CACTUS LEAVES	,,	,,	—	94.66	0.70	0.09	3.30	1.23	—	—	—	—	—	—	—	—	—	—	—
39	GUAVA	,,	,,	43	89.50	1.30	0.70	8.00	0.50	15.47	—	0.75	0.48	—	2.44	1.05	0.30	1.55	—	22.04
40	GUAVA, STRAWBERRY	,,	,,	—	89.47	0.76	0.95	8.05	0.77	—	—	—	—	—	—	—	—	—	—	—
41	JUJUBE	,,	,,	—	75.96	1.44	0.21	21.66	0.73	—	—	—	—	—	—	—	—	—	—	—
42	DURIAN	,,	,,	—	70.76	2.30	—	23.70	1.24	—	—	—	—	—	—	—	—	—	—	—
43	SAPODILLA	,,	,,	—	77.58	0.87	0.55	20.00	1.00	—	—	—	—	—	—	—	—	—	—	—
44	SAPOTE, WHITE	,,	,,	—	76.36	0.87	0.55	21.75	0.47	—	—	—	—	—	—	—	—	—	—	—
45	STAR APPLE	,,	,,	—	91.57	2.35	1.38	4.40	0.40	—	—	—	—	—	—	—	—	—	—	—
46	LITCHI, FRESH	,,	,,	43	82.81	1.15	0.20	15.30	0.54	—	—	—	—	—	—	—	—	—	—	—
47	LITCHI, DRIED	,,	,,	—	16.40	2.90	0.80	78.00	1.90	—	—	—	—	—	—	—	—	—	—	—
48	TAMARIND	,,	,,	132	65.65	1.36	—	31.43	1.56	—	—	—	—	—	—	—	—	—	—	—

ABBREVIATIONS : C = Cosmic S = Solar T = Terrestrial H = Human A = Animal R = Radiations

Reference No.	Names of Parts of Body and of Foods	Imponderable Cosmovital Forces			Average Chemical Composition per cent					Composition of Mineral Matter in 1,000 Parts of Water Free Substance									
										Acid Binding Elements					Acid Forming Elements				
		Predominant Radiations	Predominant Vitamins	Calories Per 100 Grams	Water	Protein	Fat	Carbohydrates (Sugar, Starch)	Mineral Matter	Potassium K_2O	Sodium Na_2O	Calcium CaO	Magnesium MgO	Iron Fe_2O_3	Phosphorus P_2O_5	Sulphur SO_3	Silicon SiO_2	Chlorine	Fluorine	Total
	CATEGORY II	TR-SR	ABCE		35% of the daily ration — raw vegetables — eliminative foods														
	GROUP A																		
49	TOMATO	SR	ABCE	24	94.10	0.90	0.20	3.75	1.05	82.50	32.90	11 35	13 55	1 00	10 75	5 00	1 75	18.00	—	176 80
50	CUCUMBER	,,	,,	16	95.96	1.20	0.10	2.30	0.44	41.20	10.00	7 30	4 15	1.40	20 20	6.90	8 00	6.60	—	105 75
	GROUP B																		
51	TURNIP	TR	,,	36	83.82	3.50	0.10	11.30	1.28	59.10	7.10	14 24	4 66	0 75	18 27	12 10	1.40	8.30	—	125 92
52	TURNIP LEAF	SR	,,	47	—	—	—	—	—	22 63	8.16	27.39	2 78	1 29	3 71	4 38	—	—	—	70 34
53	RADISH (LARGE)	TR	,,	24	89.53	1.90	0.10	7.40	1.07	18 00	3.05	6 60	2 85	1 00	33 70	6 35	6 75	4.00	—	82 30
54	RADISH (SMALL)	,,	,,	24	94.11	1.20	0 15	3.80	0.74	35 10	23.15	16 30	3 35	3 00	12 00	7 15	1 00	10.00	—	111 05
55	PARSNIP	,,	,,	61	83.00	1.60	0.50	13 50	1.40	33 80	0.32	4 80	2 50	0 25	10 25	8 00	9 60	10.40	—	79 92
56	BEETROOT	,,	,,	32	87.50	1.60	0.10	9.70	1.10	38.70	9.00	5.45	2 73	0 26	8 27	6 15	7 90	9.00	—	87 46
57	SUGAR BEET	,,	,,	31	82.40	1.00	0.10	15 80	0.70	20 15	3.35	2 30	3 00	0 45	4 60	1 60	—	1.85	—	37 30
58	SUGAR BEET LEAF	SR	,,	28	88.75	1.91	0 03	8 64	0.70	23 40	11.00	15 60	7 35	0 40	3 25	2 60	—	—	—	63 60
59	BEETROOT, RED	TR	,,	44	88.00	1.20	0 20	10.10	0.50	8 45	21.60	2.50	0 10	1 00	2 55	0 50	2 00	2.95	—	41 65
60	KOHLRABI	SR	,,	42	85.53	4 90	0 20	8.20	1.17	29 30	5.40	9 15	5 65	2 50	1 70	7 35	2 05	4.10	—	67 20
61	CARROT	TR	,,	47	87.50	1.00	0.20	9.40	0.90	25 46	14.63	7 80	3 04	0 70	8 83	4 45	1 66	3.18	—	69 75
62	OXALIS (SORREL)	,,	,,	32	93.12	1.70	0.30	3.90	0.98	56 05	0.85	7.00	8 70	9 85	21 35	13 30	—	8.70	—	125 80
63	ARTICHOKE	,,	,,	75	80.26	1 80	0.14	16.70	1.10	25.32	5.38	1.75	1.55	2 00	7 40	2 60	5 30	2.06	—	53 36
64	JERUSALEM ARTICHOKE	,,	,,	78	80.35	1.50	0.10	17.00	1.05	26.20	5.80	1.80	1 60	2.15	7 65	2 70	—	2.10	—	50 00

	GROUP C																	
65	LETTUCE	SR	,,	19	95.07	1.40	0.30	2.20	1.03	67.94	13.55	26.56	11.20	9.40	16.62	6.87	14.64	13.82	—	180.60
66	LETTUCE, ROMAINE	,,	,,	19	92.50	1.54	0.43	4.20	1.33	44.90	62.70	21.10	7.60	2.30	19.40	6.90	5.30	7.40	—	177.60
67	LETTUCE, LAMBS'	,,	,,	20	93.41	2.70	0.40	2.70	0.79	53.00	11.20	7.20	2.60	0.45	10.20	5.80	24.00	5.70	—	120.15
68	BRUSSELS SPROUTS	SR	,,	58	88.03	3.50	0.30	6.80	1.37	31.40	0.35	2.40	2.35	0.60	20.25	35.30	—	2.75	—	95.40
69	CABBAGE	,,	,,	48	91.87	1.90	0.20	4.80	1.23	45.38	11.68	21.65	4.90	0.86	11.07	17.10	1.10	10.45	—	124.19
70	CABBAGE, SAVOY	,,	,,	32	88.36	3.30	0.70	6.00	1.64	34.80	12.95	27.17	8.13	2.16	18.63	10.41	6.07	10.03	—	130.35
71	CABBAGE, RED	,,	,,	25	91.34	1.83	0.20	5.86	0.77	17.00	9.33	21.48	3.41	0.08	3.00	9.58	0.38	10.51	—	74.77
72	CAULIFLOWER	,,	,,	33	91.82	2.50	0.30	4.55	0.83	40.46	5.38	5.10	3.37	0.91	18.42	11.86	3.37	3.10	—	91.97
73	OKRA	—	,,	—	90.20	1.60	0.20	7.40	0.60	8.80	12.00	21.00	3.30	0.01	9.00	7.10	—	—	—	61.21
74	DANDELION	,,	,,	—	87.15	2.80	0.70	7.45	1.90	50.95	13.63	26.20	11.00	1.10	10.22	2.88	9.17	3.47	—	128.52
75	LEEK BULB	,,	,,	42	88.26	2.80	0.30	6.50	1.24	30.70	14.15	10.40	2.90	7.60	16.70	7.40	7.40	3.10	—	100.35
76	LEEK LEAF	,,	,,	50	92.21	1.50	0.30	5.10	0.69	33.25	5.55	17.70	3.60	0.50	6.25	3.35	—	5.50	—	75.70
77	ASPARAGUS	,,	,,	23	94.81	1.80	0.25	2.60	0.54	20.94	14.77	9.33	3.72	2.94	16.07	5.36	9.50	5.10	—	87.69
78	SWISS CHARD	,,	,,	—	92.50	1.54	0.43	4.20	1.33	44.90	62.70	21.70	7.60	2.30	19.40	6.90	5.30	7.40	—	178.20
	GROUP D																	
79	CELERY	,,	,,	18	94.50	1.10	0.10	3.30	1.00	48.60	65.25	14.70	6.75	1.60	14.50	6.50	4.30	17.80	—	180.00
80	CELERY ROOT	TR	,,	18	85.46	1.50	0.40	11.80	0.84	22.70	—	6.90	3.05	0.75	6.75	2.95	2.10	8.45	—	53.65
81	SPINACH	SR	,,	32	89.36	3.50	0.60	4.44	2.10	29.90	63.90	21.50	11.50	6.05	18.05	12.45	8.10	11.30	—	182.75
82	WATERCRESS	,,	,,	27	95.24	1.90	0.10	1.30	1.46	44.75	17.25	35.00	8.60	0.35	22.40	53.90	—	7.75	—	190.00
83	CHICKORY ROOT	TR	,,	20	79.97	0.80	0.20	18.30	0.73	13.20	5.05	2.40	1.60	0.85	4.30	2.70	—	2.75	—	32.85
84	GREEN PEPPER	SR	,,	—	93.20	1.10	0.10	4.60	1.00	—	—	—	—	—	—	—	—	—	—	—
85	SALSIFY	TR	,,	75	87.40	4.30	0.30	6.80	1.20	—	—	—	—	—	—	—	—	—	—	—
86	SALSIFY (BLACK)	,,	,,	—	80.40	1.00	0.50	17.10	1.00	15.30	6.40	3.40	2.07	1.48	12.95	5.60	—	1.60	—	48.80
87	KALE	SR	,,	56	93.42	1.90	0.10	3.00	1.58	81.50	5.35	28.10	7.30	1.30	35.50	86.00	—	10.50	—	255.55
88	RUTABAGA	,,	,,	—	88.90	1.30	0.20	8.50	1.10	46.30	13.60	8.80	5.20	1.70	18.10	5.30	—	1.00	—	100.00
	GROUP E																	
89	COW'S MILK, FRESH RAW	SAR	,,	67	87.16	3.55	3.70	4.88	0.71	13.70	5.34	12.24	1.69	0.30	15.79	0.17	0.02	8.04	—	57.29
90	GOAT'S MILK, FRESH RAW	,,	,,	71	87.00	4.30	4.50	4.40	0.80	15.60	3.45	13.90	2.30	0.60	21.05	0.30	0.20	13.50	—	70.90
91	SHEEP'S MILK, FRESH RAW	,,	,,	107	80.80	6.50	6.90	4.90	0.90	5.03	4.65	11.70	2.15	0.17	17.70	0.20	0.10	5.70	—	47.40
92	BUTTERMILK	,,	,,	35	91.00	3.00	0.50	4.80	0.70	18.10	8.50	14.40	2.60	0.60	21.80	1.30	—	9.70	—	77.00
93	SKIM-MILK	,,	,,	35	90.50	3.40	0.30	5.10	0.70	22.60	7.10	15.20	2.20	0.60	13.40	2.40	—	10.20	—	73.70
94	WHEY	,,	,,	32	93.79	0.60	0.07	5.10	0.44	21.85	9.75	13.65	0.25	0.40	12.00	1.90	—	11.20	—	71.00
	GROUP F	1-5% OF THE DAILY RATION — CONDIMENTS WITH OIL AND LEMON JUICE FOR SALADS																
95	CHIVE	TR	,,	—	85.75	2.80	0.50	10.00	0.95	18.05	2.28	11.27	2.90	0.80	8.12	6.66	—	2.32	—	52.40
96	ONION	,,	,,	49	87.60	1.60	0.30	9.90	0.60	12.10	1.55	10.65	2.55	2.20	7.25	2.65	8.10	1.35	—	48.40
97	GARLIC	,,	,,	142	63.70	6.80	0.10	27.90	1.50	—	—	—	—	—	—	—	—	—	—	—
98	DILL	SR	,,	—	85.90	3.50	0.90	7.30	2.40	28.70	12.65	31.95	11.55	1.00	20.30	20.05	2.40	14.75	—	143.35
99	PARSLEY	,,	,,	70	86.45	3.70	0.70	7.45	1.70	—	—	—	—	—	—	—	—	—	—	—
100	HORSERADISH	TR	,,	—	79.45	2.70	0.35	16.00	1.50	19.81	2.57	5.28	1.87	1.25	4.96	19.84	8.18	8.18	—	71.94

ABBREVIATIONS : C = Cosmic S = Solar T = Terrestrial H = Human A = Animal R = Radiations

REFERENCE No.	NAMES OF FOODS (Continued)	IMPONDERABLE COSMOVITAL FORCES			AVERAGE CHEMICAL COMPOSITION PER CENT					COMPOSITION OF MINERAL MATTER IN 1000 PARTS OF WATER FREE SUBSTANCE									
										ACID BINDING ELEMENTS					ACID FORMING ELEMENTS					
		PREDOMINANT RADIATIONS	PREDOMINANT VITAMINS	CALORIES Per 100 Grams	WATER	PROTEIN	FAT	CARBOHYDRATES (SUGAR, STARCH)	MINERAL MATTER	POTASSIUM K_2O	SODIUM Na_2O	CALCIUM CaO	MAGNESIUM MgO	IRON Fe_2O_3	PHOSPHORUS P_2O_5	SULPHUR SO_3	SILICON SiO_2	CHLORINE	FLUORINE	TOTAL
	CATEGORY III	SR	BE		10% OF THE DAILY RATION — CEREALS AND STARCHES — RECONSTRUCTIVE FOODS															
	GROUP A																			
101	BANANA	CR		99	75.30	1.30	0.60	22.00	0 80	16.10	5.60	0.68	2.40	0.07	2.85	1.20	0.80	2.70	—	32.40
102	POTATO	TR		95	75.67	2.08	0.15	21.00	1.10	26 56	1.33	1.15	2.18	0.48	7.47	2.89	0.88	1.55	—	44.49
103	SWEET POTATO	,,		—	69.00	1.80	0.70	27.40	1.10	18 60	2.20	3.10	0.85	0.50	2.20	1.05	1.40	5.50	—	35.40
104	BREADFRUIT	CR		—	82.17	1.57	0.51	14.60	1.15	17.50	2.10	6.30	0.50	0.01	5.10	3.75	—	1.50	—	36.76
	GROUP B																			
105	WHEAT, WHOLE	SR		352	13.40	13.60	1.90	69.10	2.00	7.20	0.50	0.75	2.80	0.30	10.90	0.09	0.46	0.07	—	23.07
106	WHEAT, GERM OF	,,		379	12.30	35.70	13.10	31.20	5.70	—	—	—	—	—	—	—	—	—	—	—
107	WHEAT, BRAN	,,		323	12.95	16.60	3.50	62.10	4.85	15.15	0.33	1.65	9.35	0.38	27 80	0.13	0.50	—	—	55.29
108	WHEAT BREAD, WHOLE	,,		251	35.70	8.90	1.80	52.10	1.50	4.15	4.10	1.55	1.05	0.30	4 75	0.60	—	6.80	—	23.30
109	PUMPERNICKEL BREAD	,,		223	50.45	4.20	0.70	43.30	1.35	2 35	6.40	1.50	2.35	0.45	4.50	0.85	—	4.80	—	23.20
110	SWEDISH RYE CRISP	,,		370	18.45	8.00	0.60	70.10	1.95	5.60	2.70	1.00	1.20	0.08	5.85	2.90	—	1.90	—	21.23
	GERMINATED WHEAT GRAIN—																			
111	WHOLE	,,		352	13.40	13.60	1.90	69.10	2.00	7.20	0.50	0.75	2.80	0.30	10 90	0.09	0.46	0.07	—	23 07
112	CRUSHED	,,																		
113	SUN-BAKED	,,																		
114	OVEN BAKED	,,																		
115	BOILED	,,																		

(Average figures. Exact figures depend on proportion of water used)

	GROUP C																		
116	RYE, WHOLE	,,	,,	370	17.09	11.50	1.80	67.80	1.81	6.84	0.31	0.61	2.39	0.25	10.16	0.28	0.30	0.01	—	21.15
117	CORN, WHOLE YELLOW (MAIZE)	,,	,,	343	15.54	9.85	4.60	68.50	1.51	5.50	0.20	0.36	2.87	0.15	8.44	0.15	0.39	0.35	—	18.41
118	CORN, GREEN (MAIZE)	,,	,,	—	75.90	3.10	1.10	19.20	0.70	8.50	3.20	0.50	2.65	0.07	8.28	3.68	0.50	1.12	—	28.50
119	CORN, POPPED	,,	,,	363	5.70	10.70	5.00	77.30	1.30	—	—	—	—	—	—	—	—	—	—	—
120	RICE, WHOLE	,,	,,	350	13.87	7.85	0.88	76.50	1.00	3.60	0.67	0.59	1.78	0.22	8.60	0.10	0.40	0.02	—	15.98
121	RICE, BRAN	,,	,,	—	14.40	11.10	7.85	62.10	4.55	6.00	—	1.35	9.15	4.00	22.85	0.12	8.85	—	—	52.30
122	MILLET	,,	,,	355	15.00	9.00	3.80	70.25	1.95	4.46	0.71	0.28	3.26	0.42	13.00	—	1.60	—	—	23.73
123	OATS, WHOLE	,,	,,	410	23.58	10.40	5.20	57.80	3.02	10.40	1.35	2.25	4.25	0.40	14.30	0.80	0.40	0.35	—	34.50
124	OATS, ROLLED	,,	,,	410	7.70	16.70	7.30	66.20	2.10	6.50	1.30	1.50	2.10	0.60	7.15	1.45	0.20	0.60	—	21.40
125	OATMEAL	,,	,,	380	7.30	16.05	7.20	67.50	1.95	5.50	1.00	1.10	1.75	0.05	8.10	1.40	0.20	1.10	—	20.20
126	BUCK WHEAT	,,	,,	343	14.74	11.41	2.68	68.79	2.38	6.32	1.68	1.21	3.41	0.47	13.35	0.55	0.06	0.35	—	27.40
127	BARLEY, WHOLE	,,	,,	339	19.10	11.10	2.20	64.90	2.70	8.80	1.05	1.10	3.70	0.40	15.00	0.70	0.20	0.35	—	31.30
	GROUP D																		
128	SORGHUM	,,	,,	—	15.40	9.10	3.60	69.80	2.10	6.00	0.90	0.35	5.20	0.58	10.60	0.12	—	0.25	—	24.00
129	SAGO	,,	,,	346	12.20	9.00	0.40	78.10	0.30	—	—	—	—	—	—	—	—	—	—	—
130	TAPIOCA	TR	,,	350	11.40	0.40	0.10	88.00	0.10	—	—	—	—	—	—	—	—	—	—	—
131	TARO	,,	,,	100	73.00	1.80	0.20	23.20	1.20	—	—	—	—	—	—	—	—	—	—	—
132	YAM	,,	,,	100	73.80	1.80	0.20	23.30	0.90	—	—	—	—	—	—	—	—	—	—	—
133	CASSAVA, SWEET	,,	,,	100	67.80	1.10	0.20	30.20	0.70	—	—	—	—	—	—	—	—	—	—	—

ABBREVIATIONS : C = Cosmic S = Solar T = Terrestrial H = Human A = Animal R = Radiations

REFERENCE No.	NAMES OF FOODS (Continued)	IMPONDERABLE COSMOVITAL FORCES			AVERAGE CHEMICAL COMPOSITION PER CENT					COMPOSITION OF MINERAL MATTER IN 1000 PARTS OF WATER FREE SUBSTANCE									
										ACID BINDING ELEMENTS					ACID FORMING ELEMENTS					
		PREDOMINANT RADIATIONS	PREDOMINANT VITAMINS	CALORIES Per 100 Grams	WATER	PROTEIN	FAT	CARBOHYDRATES (SUGAR, STARCH)	MINERAL MATTER	POTASSIUM K_2O	SODIUM Na_2O	CALCIUM CaO	MAGNESIUM MgO	IRON Fe_2O_3	PHOSPHORUS P_2O_5	SULPHUR SO_3	SILICON SiO_2	CHLORINE	FLUORINE	TOTAL
	CATEGORY IV	CR-AR	ABD		5% OF THE DAILY RATION — DRIED, SWEET AND OILY FRUITS AND ANIMAL PRODUCTS— STRONGLY RECONSTRUCTIVE FOODS															
	GROUP A																			
134	RAISIN	CR		296	17.10	2.60	3.30	73.60	3.40	19.40	3.30	2.45	2.30	0.60	7.30	2.55	—	2.10	—	40 00
135	PRUNE	"	"	302	24 40	2.10	—	71.20	2 30	19.15	0.80	1.40	1.75	0.80	4 20	0.80	0.90	0.10	—	29 18
136	FIG, DRIED (SMYRNA)	"	"	276	18 80	4.30	0 30	74 20	2 40	17.10	0 90	3.30	1.68	0.66	3.85	1.20	—	0.61	—	29 30
137	FIG, DRIED (BLACK)	"	"	276	27.30	5.50	1.00	63 00	3 20	10.50	9.60	3.50	3.40	0.60	6.30	2 70	2.40	1.00	—	40 00
138	DATE	"	"	308	23.50	2.10	2 80	70.00	1 60	10.50	1.00	1.15	1.19	0.06	1.00	1.20	—	3.90	—	20.00
139	APPLE, DRIED	"	"	250	33.20	1.60	2.20	62 00	2 00	—	—	—	—	—	—	—	—	—	—	—
140	APRICOT, DRIED	"	"	225	29 40	4.70	1.00	62 50	2 40	—	—	—	—	—	—	—	—	—	—	—
141	PEAR, DRIED	"	"	252	23 40	2.80	5.40	66 00	2 40	—	—	—	—	—	—	—	—	—	—	—
142	PEACH, DRIED	"	"	254	24.25	3.15	0 45	50 00	2.15	—	—	—	—	—	—	—	—	—	—	—
143	CURRANT, DRIED (ZANTE)	"	"	180	17.20	2.40	1.70	74.20	4.50	30.00	3.15	1.60	1.85	0.30	12.40	3.10	—	1.75	—	54.15
	GROUP B																			
144	HONEY	CSAR	"	321	18 20	0.40	—	81.20	0.20	0.02	0.10	2.35	0.01	0.12	0.18	0.01	—	0.01	—	2 80
145	SUGAR CANE	SR	"	100	75 43	1.50	0.55	21 82	0 70	—	—	—	—	—	—	—	—	—	—	28 40
146	RAW SUGAR	STR	"	350	4 14	0.30	—	94 60	0 96	5.97	1.30	0.70	0.03	0 04	0 03	0.95	—	0.78	—	9 80
147	MOLASSES	SR	"	246	25.10	2.40	—	69.30	3.20	27.00	0.38	4.22	1.36	0.02	0.88	2.58	—	6.34	—	42 78

	GROUP C																		
148	ALMOND	CR	,,	639	4.90	21.40	54.40	16.80	2.50	5.23	0.38	3.04	3.95	0.23	10.10	0.96	0.04	0.06	—	21.99
149	WALNUT, ENGLISH	,,	,,	754	2.50	18.40	64.40	13.00	1.70	2.20	0.17	0.97	2.88	0.61	10.10	0.22	0.12	0.12	—	17.39
150	WALNUT, BLACK	,,	,,	731	2.50	27.60	56.30	11.70	1.90	—	—	—	—	—	—	—	—	—	—	—
151	BRAZIL NUT	,,	,,	742	8.60	17.40	65.00	5.70	3.30	6.65	0.37	6.10	2.90	0.10	13.30	4.33	—	0.85	—	34.60
152	PECAN	,,	,,	—	7.10	12.10	70.70	8.50	1.60	5.80	0.36	1.33	2.20	0.23	6.75	—	—	—	—	16.67
153	BUTTERNUT	,,	,,	—	4.50	27.90	61.20	3.40	3.00	—	—	—	—	—	—	—	—	—	—	—
154	PARADISE NUT.	,,	,,	—	2.30	22.20	62.60	10.20	2.70	—	—	—	—	—	—	—	—	—	—	—
155	CANDLENUT	,,	,,	—	8.67	21.40	61.70	4.90	3.30	—	—	—	—	—	—	—	—	—	—	—
156	CHESTNUT, DRIED	,,	,,	620	5.90	10.70	7.00	74.20	2.20	11.40	0.28	1.07	1.87	0.14	5.50	3.00	0.04	0.01	—	23.31
157	WATER CHESTNUT	,,	,,	194	42.93	4.00	1.20	50.00	1.77	12.30	0.01	0.90	0.15	0.01	5.10	0.45	—	0.15	—	19.07
158	COCOANUT	,,	,,	500	14.10	5.70	50.60	27.90	1.70	9.75	1.30	1.10	1.30	0.40	4.80	0.85	—	3.20	—	22.70
159	COCOANUT, DRIED	,,	,,	600	3.50	6.30	57.40	31.50	1.30	—	—	—	—	—	—	—	—	—	—	—
160	COCOANUT MILK	,,	,,	4	92.70	0.40	1.50	4.60	0.80	—	—	—	—	—	—	—	—	—	—	—
161	PIGNOLIA, ITALIAN	,,	,,	—	6.20	33.90	48.20	7.90	3.80	—	—	—	—	—	—	—	—	—	—	—
162	PISTACHIO	,,	,,	—	4.20	22.60	54.50	15.60	3.10	—	—	—	—	—	—	—	—	—	—	—
163	HICKORY NUT	,,	,,	700	3.70	15.40	67.40	11.40	2.10	—	—	—	—	—	—	—	—	—	—	—
164	BEECH NUT	,,	,,	—	12.74	21.70	42.50	19.20	3.86	7.20	2.18	7.73	5.94	0.42	12.81	1.03	1.13	1.03	—	39.47
165	PINON	,,	,,	617	3.30	14.60	61.90	17.30	2.90	5.70	0.75	2.62	4.20	0.60	13.15	—	—	—	—	27.02
166	FILBERT	,,	,,	636	5.40	16.50	64.00	11.70	2.40	6.65	0.20	3.60	1.98	0.46	7.30	4.46	—	0.60	—	25.05
167	PEANUT	SR	,,	554	9.75	29.80	43.50	14.70	2.25	9.27	0.21	0.95	2.29	0.27	10.60	0.45	0.05	0.23	—	24.32
168	PEANUT BUTTER	,,	,,	930	4.90	29.30	46.50	17.10	2.20	—	—	—	—	—	—	—	—	—	—	—
169	ALMOND BUTTER	CR	,,	930	2.20	21.70	61.50	11.60	3.00	—	—	—	—	—	—	—	—	—	—	—
170	CAROB (ST. JOHN'S BREAD)	,,	,,	—	23.70	5.70	1.10	67.00	2.50	—	—	—	—	—	—	—	—	—	—	—
171	COCOA BEAN	SR	,,	490	8.80	12.00	49.30	26.40	3.50	12.96	0.82	1.95	4.00	0.02	13.95	1.25	0.55	0.30	—	35.80
172	AVOCADO	CR	,,	—	70.55	2.10	20.00	6.00	1.35	11.75	8.35	2.15	2.36	0.67	8.00	5.05	0.22	6.45	—	45.00
173	OLIVE, DRIED	,,	,,	—	30.07	5.24	51.90	10.45	2.34	27.02	2.52	2.50	0.06	0.30	0.46	0.36	0.22	0.06	—	33.50
174	SUNFLOWER SEED	SR	,,	—	10.50	14.20	32.30	14.50	3.50	6.12	2.80	2.87	4.65	0.60	13.38	0.87	5.54	0.90	—	37.73
175	SESAME	,,	,,	—	9.14	35.99	24.62	22.83	7.42	—	—	—	—	—	—	—	—	—	—	—
	GROUP D																		
176	COTTAGE CHEESE	SAR	,,	192	72.55	20.90	1.00	4.30	1.25	5.40	0.90	14.35	1.00	0.30	15.35	0.60	—	7.10	—	45.00
177	CREAM	,,	,,	245	74.00	2.50	18.50	4.50	0.50	5.15	1.55	4.25	0.60	0.50	3.90	0.45	—	2.00	—	18.40
178	BUTTER, COW'S	,,	,,	752	11.00	1.00	85.00	—	3.00	1.75	12.10	0.90	0.18	0.05	0.12	6.85	—	11.75	—	33.70
179	EGG, WHOLE	,,	,,	171	73.70	12.55	12.10	0.55	1.10	6.27	9.56	4.56	0.46	0.17	15.72	0.13	0.13	3.72	—	40.22
180	EGG, WHITE	,,	,,	50	85.75	12.70	0.25	0.70	0.60	13.21	13.30	1.18	1.18	0.25	1.85	0.88	0.45	12.08	—	44.38
181	EGG, YOLK	,,	,,	381	50.65	16.20	31.95	0.10	1.10	2.70	1.44	3.17	0.51	0.40	15.22	—	0.21	0.45	—	24.10

ABBREVIATIONS : C = Cosmic S = Solar T = Terrestrial H = Human A = Animal R = Radiations

REFERENCE No.	NAMES OF FOODS (Continued)	IMPONDERABLE COSMOVITAL FORCES			AVERAGE CHEMICAL COMPOSITION PER CENT					COMPOSITION OF MINERAL MATTER IN 1000 PARTS OF WATER FREE SUBSTANCE										
										ACID BINDING ELEMENTS					ACID FORMING ELEMENTS					
		PREDOMINANT RADIATIONS	PREDOMINANT VITAMINS	CALORIES Per 100 Grams	WATER	PROTEIN	FAT	CARBOHYDRATES (SUGAR, STARCH)	MINERAL MATTER	POTASSIUM K_2O	SODIUM Na_2O	CALCIUM CaO	MAGNESIUM MgO	IRON Fe_2O_3	PHOSPHORUS P_2O_5	SULPHUR SO_3	SILICON SiO_2	CHLORINE	FLUORINE	TOTAL
	CATEGORY V	SR	B		35, 15 and 10% OF THE DAILY RATION — COOKED VEGETABLES — CONSTRUCTIVE FOODS (*Permissible once or twice a week but not recommended*)															
	GROUP A (35%) All Vegetables of Category II in cooked form, and the following:—																			
182	PUMPKIN			25	91 47	1.10	0 13	6.50	0.70	13.85	15.22	5.55	2.45	1.88	23 80	1.73	5.27	0.30	—	70 05
183	LIMA BEAN, GREEN			32	68 50	7 10	0 70	22.00	1.70	33.90	4.75	1 40	3 60	0 14	6 60	3 10	—	0 50	—	53 99
184	KIDNEY BEAN, GREEN			132	86 90	3 90	0 20	8.30	0.70	23.30	1.70	2 75	1 65	0 05	5 65	7 00	—	—	—	44 00
185	STRING BEAN, FRESH			40	86 40	3 90	0 20	8.30	1.20	32.00	1.75	7 50	6 25	0 05	6 50	12 75	—	7.10	—	73 80
186	PEAS, GREEN			90	74.60	7.00	0 50	16.90	1.00	15.40	1.10	1.60	2 80	0 04	11 20	6 00	—	1.40	—	39 54
	GROUP B (15%)																			
187	EGG-PLANT			28	92 90	1 20	0 30	5.10	0 50	39 05	2.80	3 05	4 20	0.25	9 50	4.45	—	6.70	—	70 00
188	SOYA BEAN			442	10 75	34 00	16 80	33.70	4 75	24 65	0.60	3.45	3 45	0 28	17 50	2 65	0.27	0 40	—	53 25
189	LENTIL			337	16 06	25.70	1 90	53.30	3 04	11 60	4.60	2 10	0 90	0 60	12 20	1 20	—	1 50	—	34 70
190	MUSHROOM	TR		28	90 30	2 60	0 30	6.10	0 70	32 68	1.05	0 65	2 18	1 02	21 60	2 50	0.65	0 57	—	62 90
191	CHAMPIGNON			39	92 11	3.74	0 15	3.50	0 50	37 87	1.27	0 55	0 37	0 85	11 50	18 15	1.05	3 45	—	75 06
192	TRUFFLE			93	83.28	7.70	0.50	6.60	1.92	31.50	1.50	8 15	1 05	4 65	27 65	5.00	0.20	1.10	—	80 80
	GROUP C (10%)																			
193	BEAN, DRIED	SR		332	21.84	24.30	1 60	49.00	3.26	15 85	0.42	1.91	2 73	0.19	14 86	1 30	0.25	0.69	—	38.20
194	BEAN, BLACKEYE			338	11.23	21 43	1.28	61 28	4.78	—	—	—	—	—	—	—	—	—	—	—
195	HORSE BEAN			342	28.25	18 00	0 50	50.50	2.75	15 25	0 40	0 15	0.30	0 10	14 30	1.15	—	0.60	—	32 25
196	LIMA BEAN, DRIED			—	10 40	18 10	1 50	65.90	4.10	27 60	4 10	1 25	3.10	0 01	6 10	2 60	—	0 04	—	44 80
197	KIDNEY BEAN, DRIED			334	17.44	23.12	2 28	53.63	3.53	18 00	0 58	2 60	3.00	0 13	14 30	1 65	0.23	0 34	—	40 83
198	PEAS, DRIED			336	20.37	22 85	1 80	52.40	2.58	13 06	0 30	1 45	2.42	0 24	10 87	1 03	1.27	0 53	—	31 17
199	COW PEAS, DRIED			348	13.00	21 40	1 40	60 80	3.40	21 00	2 40	1 50	3.15	—	6 85	3.60	—	0 60	—	39 10
200	CHICK PEAS (GARBANZAS)			323	30.24	13 00	1.60	51 50	3.76	8 10	0 40	1.45	18.35	0 80	13 10	1.10	—	0 95	—	44 25

ABBREVIATIONS : C = Cosmic S = Solar T = Terrestrial H = Human A = Animal R = Radiations

Chapter 15

SIMPLE RAW FOOD DIETS

THE tables in this chapter are intended as a guide to those who wish to follow a natural dietary. They represent the diet which should be aimed at after a period of transition from omnivorous fare. Suggested menus for this intermediate period will be found in Part II.

The diets given below fulfil all the most exacting demands of official, no less than of the new, natural dietetics. Due provision is made for the satisfaction of calorie requirements, while a sufficiency of protein, fat and carbohydrates is assured. While the ration of calories is lower than that generally regarded as desirable, it must be borne in mind that it is not the absolute number of calories contained in the foods which matters, but the number assimilated by the human digestive system. These diets of natural uncooked foods are much more economical, in the sense that a far larger part of the foods ingested are utilised by the organism. Thus, 1,800 digested calories are worth more than 3,000 calories in the calorimeter, only half of which may be used by the body.

In addition to the protein required for growth and repair and to the fat and carbohydrates necessary for providing warmth and energy, the diets afford a maximum ration of organic mineral salts which (with the vitamins) are absolutely essential for healthy functioning of the body. The natural foods are also rich in vitamins—which we prefer to call "vitality." They are 100 per cent "protective" and a diet composed of them automatically excludes all unwholesome (toxic) and adulterated food substances. Natural foods are alone able to assure human health and longevity. Drugs can never do so.

The tables show the approximate ration required for children of different ages, from weaning till the end of the first year, from two to five, from six to nine, from ten to twelve, from thirteen to fourteen, and from fifteen to sixteen respectively.

Rations for men and women are calculated according to the individual's occupation. The more sedentary types require a smaller ration than those doing muscular work. In general, women require rather less food than men doing the same amount of work.

The tables must not be used dogmatically, but regarded as a signpost. Due allowance must be made for variations in season, climate and individual appetite. A golden rule which overrides all tables is that one should never eat without appetite.

Certain people will find that the diet as given in the tables does not suit them. Certain modifications are given to cover the most usual idiosyncrasies. In particular, those who have long been accustomed to meat may require some animal protein. This can be secured by the addition of a little cottage cheese to the diet from time to time.

The figures given in the tables are based on the average analyses of the different categories of foods listed in the *Table of Foods* in the preceding chapter.

It is our hope that these tables, which Dr. Székely has kindly allowed us to use, will help the reader to devise a satisfactory diet.

REDUCED DIETS

I

FOR USE IN NORMAL HEALTH BY:— CHILDREN AGED UNDER 2		AVERAGE CALORIE CONTENT AND CHEMICAL COMPOSITION OF A DAILY RATION OF 19.20 OZ. (STANDARD RATION MINUS 60%), SELECTED FROM COMPLETELY RAW AND EXCLUSIVELY VEGETABLE FOODS OF CATEGORIES I, II, III AND IV							
FOOD	Category	Daily Ration in oz.	Daily Ration in grms.	Calories No.	Protein in grms.	Fat in grms.	Carbohydrates in grms.	Mineral Matter in grms.	Percentage of Total Ration
Juicy Fruits .	I	8.20	246	147	2.46	1.23	36.90	1.23	44
Raw Vegetables	II	7.20	216	65	4.32	0.72	10.80	2.16	36
Cereals . .	III	1.80	54	189	5.40	1.08	32.40	1.08	10
Nuts and Oil .	IV	1.20	36	252	7.20	21.60	5.40	0.90	6
Dried Fruits .	IV	0.80	24	72	0.72	0.48	16.80	0.60	4
TOTAL		19.20	576	725	20.10	25.11	102.30	5.97	100

II

FOR USE IN NORMAL HEALTH BY:— CHILDREN AGED 2-5 (incl.)	AVERAGE CALORIE CONTENT AND CHEMICAL COMPOSITION OF A DAILY RATION OF 24.00 OZ. (STANDARD RATION MINUS 50%) SELECTED FROM COMPLETELY RAW AND EXCLUSIVELY VEGETABLE FOODS OF CATEGORIES I, II, III AND IV							
FOOD	Category	Daily Ration in oz.	Daily Ration in grms.	Calories No.	Protein in grms.	Fat in grms.	Carbohydrates in grms.	Mineral Matter in grms.	Percentage of Total Ration
Juicy Fruits .	I	10.25	308	184	3.08	1.54	46.13	1.51	44
Raw Vegetables	II	9.00	270	81	5.40	0.90	13.50	2.67	36
Cereals . .	III	2.25	67	236	6.75	1.35	40.50	1.34	10
Nuts and Oil .	IV	1.50	45	315	9.00	27.00	6.75	1.12	6
Dried Fruits .	IV	1.00	30	90	0.90	0.60	21.00	0.75	4
TOTAL .		24.00	720	906	25.13	31.39	127.88	7.39	100

III

FOR USE IN NORMAL HEALTH BY:— CHILDREN AGED 6-9 (incl.)	AVERAGE CALORIE CONTENT AND CHEMICAL COMPOSITION OF A DAILY RATION OF 28.80 OZ. (STANDARD RATION MINUS 40%), SELECTED FROM COMPLETELY RAW AND EXCLUSIVELY VEGETABLE FOODS OF CATEGORIES I, II, III AND IV							
FOOD	Category	Daily Ration in oz.	Daily Ration in grms.	Calories No.	Protein in grms.	Fat in grms.	Carbohydrates in grms.	Mineral Matter in grms.	Percentage of Total Ration
Juicy Fruits .	I	12.30	369	222	3.69	1.84	55.35	1.84	44
Raw Vegetables	II	10.80	324	97	6.48	1.08	16.20	3.24	36
Cereals . .	III	2.70	81	283	8.10	1.62	48.60	1.62	10
Nuts and Oil .	IV	1.80	54	378	10.80	32.40	8.10	1.35	6
Dried Fruits .	IV	1.20	36	108	1.08	0.72	25.20	0.90	4
TOTAL .		28.80	864	1088	30.15	37.66	153.45	8.95	100

IV

FOR USE IN NORMAL HEALTH BY:— BOYS AND GIRLS AGED 10-12 (incl.)	AVERAGE CALORIE CONTENT AND CHEMICAL COMPOSITION OF A DAILY RATION OF 38.40 OZ. (STANDARD RATION MINUS 20%) SELECTED FROM COMPLETELY RAW AND EXCLUSIVELY VEGETABLE FOODS OF CATEGORIES I, II, III AND IV							
FOOD	Category	Daily Ration in oz.	Daily Ration in grms.	Calories No.	Protein in grms.	Fat in grms.	Carbohydrates in grms.	Mineral Matter in grms.	Percentage of Total Ration
Juicy Fruits .	I	16.40	492	295	4.92	2.46	73.80	2.46	44
Raw Vegetables	II	14.40	432	129	8.64	1.44	21.60	4.32	36
Cereals . .	III	3.60	108	378	10.80	2.16	64.80	2.16	10
Nuts and Oil .	IV	2.40	72	504	14.40	43.20	10.80	1.80	6
Dried Fruits .	IV	1.60	48	144	1.44	0.96	33.60	1.20	4
TOTAL .		38.40	1152	1450	40.20	50.22	204.60	11.94	100

V

FOR USE IN NORMAL HEALTH BY:— WOMEN with Light Work BOYS AND GIRLS AGED 12-14 (incl.)	AVERAGE CALORIE CONTENT AND CHEMICAL COMPOSITION OF A DAILY RATION OF 43.20 OZ. (STANDARD RATION MINUS 10%), SELECTED FROM COMPLETELY RAW AND EXCLUSIVELY VEGETABLE FOODS OF CATEGORIES I, II, III AND IV							
FOOD	Category	Daily Ration in oz.	Daily Ration in grms.	Calories No.	Protein in grms.	Fat in grms.	Carbohydrates in grms.	Mineral Matter in grms.	Percentage of Total Ration
Juicy Fruits .	I	18.45	554	332	5.54	2.76	83.03	2.76	44
Raw Vegetables	II	16.20	486	146	9.72	1.62	24.30	4.86	36
Cereals . .	III	4.05	121	425	12.15	2.43	72.90	2.43	10
Nuts and Oil .	IV	2.70	81	567	16.20	48.60	12.15	2.03	6
Dried Fruits .	IV	1.80	54	162	1.62	1.08	37.80	1.35	4
TOTAL .		43.20	1296	1632	45.23	56.49	230.18	13.43	100

NORMAL DIET

VI

FOR USE IN NORMAL HEALTH BY:— MEN with Sedentary Occup. WOMEN with Heavy Work GIRLS AGED 15-16 (incl.)	AVERAGE CALORIE CONTENT AND CHEMICAL COMPOSITION OF A DAILY RATION OF 48.00 OZ. (STANDARD RATION) SELECTED FROM COMPLETELY RAW AND EXCLUSIVELY VEGETABLE FOODS OF CATEGORIES I, II, III AND IV							
FOOD	Category	Daily Ration in oz.	Daily Ration in grms.	Calories No.	Protein in grms.	Fat in grms.	Carbohydrates in grms.	Mineral Matter in grms.	Percentage of Total Ration
Juicy Fruits .	I	20.50	616	368	6.16	3.08	92.26	3.04	44
Raw Vegetables	II	18.00	540	162	10.80	1.80	27.00	5.35	36
Cereals . .	III	4.50	134	472	13.50	2.70	81.00	2.67	10
Nuts and Oil .	IV	3.00	90	630	18.00	54.00	13.50	2.23	6
Dried Fruits .	IV	2.00	60	180	1.80	1.20	42.00	1.49	4
TOTAL .		48.00	1440	1812	50.26	62.78	255.76	14.78	100

INCREASED DIETS

VII

FOR USE IN NORMAL HEALTH BY:— MEN with Light Muscular Work BOYS AGED 15-16 (incl.)	AVERAGE CALORIE CONTENT AND CHEMICAL COMPOSITION OF A DAILY RATION OF 52.80 OZ. (STANDARD RATION PLUS 10%), SELECTED FROM COMPLETELY RAW AND EXCLUSIVELY VEGETABLE FOODS OF CATEGORIES I, II, III AND IV							
FOOD	Category	Daily Ration in oz.	Daily Ration in grms.	Calories No.	Protein in grms.	Fat in grms.	Carbohydrates in grms.	Mineral Matter in grms.	Percentage of Total Ration
Juicy Fruits .	I	22.55	677	406	6.77	3.38	101.48	3.38	44
Raw Vegetables	II	19.80	594	178	11.88	1.98	29.70	5.94	36
Cereals . .	III	4.95	148	519	14.85	2.97	89.10	2.97	10
Nuts and Oil .	IV	3.30	99	693	19.80	59.40	14.85	2.48	6
Dried Fruits .	IV	2.20	66	198	1.98	1.32	46.20	1.65	4
TOTAL .		52.80	1584	1994	55.28	69.05	281.33	16.41	100

VIII

FOR USE IN NORMAL HEALTH BY:— MEN with Moderate Muscular Work		AVERAGE CALORIE CONTENT AND CHEMICAL COMPOSITION OF A DAILY RATION OF 57.60 OZ. (STANDARD RATION PLUS 20%) SELECTED FROM COMPLETELY RAW AND EXCLUSIVELY VEGETABLE FOODS OF CATEGORIES I, II, III AND IV							
FOOD	Category	Daily Ration in oz.	Daily Ration in grms.	Calories No.	Protein in grms.	Fat in grms.	Carbohydrates in grms.	Mineral Matter in grms.	Percentage of Total Ration
Juicy Fruits .	I	24.60	738	443	7.38	3.68	110.70	3.68	44
Raw Vegetables	II	21.60	648	194	12.96	2.16	32.40	6.48	36
Cereals . .	III	5.40	162	566	16.20	3.24	97.20	3.24	10
Nuts and Oil .	IV	3.60	108	756	21.60	64.80	16.20	2.70	6
Dried Fruits .	IV	2.40	72	216	2.16	1.44	50.40	1.80	4
TOTAL .		57.60	1728	2175	60.30	75 .32	306.90	17.90	100

IX

FOR USE IN NORMAL HEALTH BY:— MEN with Hard Muscular Work		AVERAGE CALORIE CONTENT AND CHEMICAL COMPOSITION OF A DAILY RATION OF 67.20 OZ. (STANDARD RATION PLUS 40%), SELECTED FROM COMPLETELY RAW AND EXCLUSIVELY VEGETABLE FOODS OF CATEGORIES I, II, III AND IV							
FOOD	Category	Daily Ration in oz.	Daily Ration in grms.	Calories No.	Protein in grms.	Fat in grms.	Carbohydrates in grms.	Mineral Matter in grms.	Percentage of Total Ration
Juicy Fruits .	I	28.70	861	516	8.61	4.30	129.15	4.30	44
Raw Vegetables	I	25.20	756	226	15.12	2.52	37.80	7.56	36
Cereals . .	III	6.30	189	660	18.90	3.78	113.40	3.78	10
Nuts and Oil .	IV	4.20	126	882	25.20	75.60	18.90	3.15	6
Dried Fruits .	IV	2.80	84	252	2.52	1.68	58.80	2.10	4
TOTAL .		67.20	2016	2536	70.35	87.88	358.05	20.89	100

STANDARD DAILY RATION (48 oz.): APPORTIONMENT OF FOODS TO EACH MEAL

LUNCH

Food	*Varieties*	*How Prepared*	*Ounces*
Raw juicy fruit	2	Finely chopped	20
Dried fruit	1	Finely chopped	2
Nuts	1½	Ground	1½
Flaked cereal	1½	Soaked overnight in a little water	1½
		Total	25

All the ingredients to be mixed well together.

SUPPER

Food	*Varieties*	*How Prepared*	*Ounces*
Juicy vegetable	1	Finely cut	8
Leaf vegetable	1	Finely cut or grated	5
Root vegetable	1	Shredded or grated	4
Onion	1	Finely chopped	½
Herbs	2	Finely chopped	½
Oil	1	Mixed well in	1½
Lemon juice	1	Mixed well in	½
Germinated wheat paste	1	Mixed well in	3
		Total	23

All the ingredients to be mixed well together.

GRAND TOTAL FOR DAY: 48 oz. = 1½ lbs.

Suggested Modifications According to Individual Taste

1. Those who do not like oil may replace it with cream or avocado pear.
2. Those who prefer a less dry salad may have 2 oz. instead of 1 oz. of oil if desired.
3. Those who like milk products can add to their supper three or four times a week the amount of fresh curd cheese produced by 1 qt. milk.
4. Those who do not like germinated wheat can replace it with 5 oz. wholemeal bread, especially when cheese is eaten.
5. Those who find the supper too substantial can decrease their supper by one-third and increase their lunch by one-third.

TABLE SHOWING AMOUNT BY WHICH EACH ITEM OF FOOD IS REDUCED OR INCREASED WHEN TOTAL DAILY RATION OF 48 OZ. (THE STANDARD RATION) IS REDUCED BY 10%, 20%, 40%, 50% AND 60% OR INCREASED BY 10%, 20% AND 40% RESPECTIVELY

FOOD	Standard (Normal) Ration	REDUCED DIETS					INCREASED DIETS		
		−10%	−20%	−40%	−50%	−60%	+10%	+20%	+40%
	48	$43\frac{1}{5}$	$38\frac{2}{5}$	$28\frac{4}{5}$	24	$19\frac{1}{5}$	$52\frac{4}{5}$	$57\frac{3}{5}$	$67\frac{1}{5}$
(Lunch) Juicy Fruit	20	18	16	12	10	8	22	24	28
Dried Fruit	2	$1\frac{4}{5}$	$1\frac{3}{5}$	$1\frac{1}{5}$	1	$\frac{4}{5}$	$2\frac{1}{5}$	$2\frac{2}{5}$	$2\frac{4}{5}$
Nut	$1\frac{1}{2}$	$1\frac{7}{20}$	$1\frac{1}{5}$	$\frac{9}{10}$	$\frac{3}{4}$	$\frac{3}{5}$	$1\frac{13}{20}$	$1\frac{4}{5}$	$2\frac{1}{4}$
Oatflakes	$1\frac{1}{2}$	$1\frac{7}{20}$	$1\frac{1}{5}$	$\frac{9}{10}$	$\frac{3}{4}$	$\frac{3}{5}$	$1\frac{13}{20}$	$1\frac{4}{5}$	$2\frac{1}{4}$
(Supper) Juicy Vegetables	8	$7\frac{1}{5}$	$6\frac{2}{5}$	$4\frac{4}{5}$	4	$3\frac{1}{5}$	$8\frac{4}{5}$	$9\frac{3}{5}$	$11\frac{1}{5}$
Leafy Vegetables	5	$4\frac{1}{2}$	4	3	$2\frac{1}{2}$	2	$5\frac{1}{2}$	6	7
Root Vegetables	4	$3\frac{3}{5}$	$3\frac{1}{5}$	$2\frac{2}{5}$	2	$1\frac{3}{5}$	$4\frac{2}{5}$	$4\frac{4}{5}$	$5\frac{3}{5}$
Wholemeal Bread	5	$4\frac{1}{2}$	4	3	$2\frac{1}{2}$	2	$5\frac{1}{2}$	6	7
Germinated Wheat	3	$2\frac{7}{10}$	$2\frac{2}{5}$	$1\frac{4}{5}$	$1\frac{1}{2}$	$1\frac{1}{5}$	$3\frac{3}{10}$	$3\frac{3}{5}$	$4\frac{1}{5}$
Dressing Oil	$1\frac{1}{2}$	$1\frac{7}{10}$	$1\frac{1}{5}$	$\frac{9}{10}$	$\frac{3}{4}$	$\frac{3}{5}$	$1\frac{13}{20}$	$1\frac{4}{5}$	$2\frac{1}{4}$
Lemon, Onion, each	$\frac{1}{2}$	$\frac{9}{20}$	$\frac{2}{5}$	$\frac{3}{10}$	$\frac{1}{4}$	$\frac{1}{5}$	$\frac{11}{20}$	$\frac{3}{5}$	$\frac{7}{10}$
Condiments: Dill, Garlic, etc.	$\frac{1}{2}$	$\frac{9}{20}$	$\frac{2}{5}$	$\frac{3}{10}$	$\frac{1}{4}$	$\frac{1}{5}$	$\frac{11}{20}$	$\frac{3}{5}$	$\frac{7}{10}$

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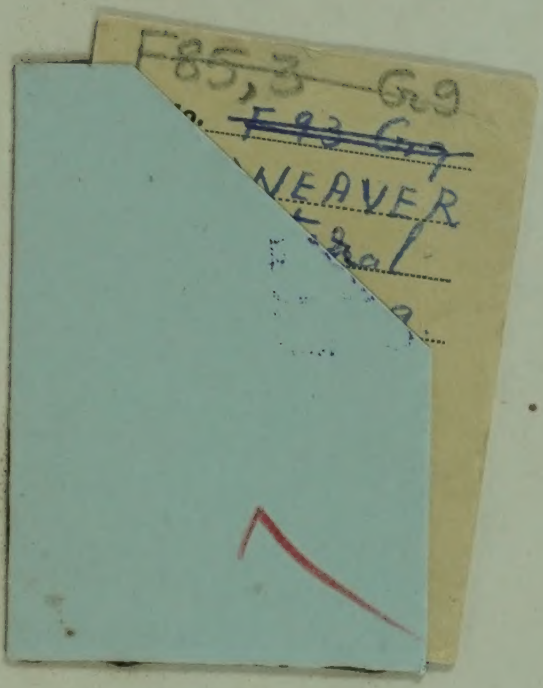
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